

How To Manage Feeling Angry

Anger is an emotion we all experience when we feel in danger, and we use it as our tool to protect ourselves. So why is it that we get angry?

Trigger: Something happens that triggers us. Can you think of things that trigger you?

When someone shouts at me...

Thoughts: Our thoughts about what happened. Can you list thoughts you have after your triggers?

They are shouting at me because they don't respect me...

Reaction: How we react to our thought of being angry. Can you think of reactions you have after thinking you are angry?

I shout back at them...

We cannot control what **triggers** us, but we can control the **thoughts** that make us angry, and our **reaction** to them.

So how can we manage our anger?

Often we handle our anger by not expressing it (for example we get quiet), taking it out on someone else (for example shouting at someone), or expressing it in a bad way (for example attacking someone). This can lead to losing friends, getting in trouble or hurting our own self and our wellbeing.

What we can do instead is expressing our anger in the right way following two simple steps:

Step 1 - Before talking to the other person, we can

- Relax our body
- Leave some space between ourselves and the person we are angry at
- Sit down
- Breath in and out, slowly

Step 2 - When ready to talk, we can explain to the other person

- What behaviour made us angry
- The effect that behaviour had on us
- The emotions that behaviour made us feel
- A solution we would like to solve our problem with the other person

Can you think of how you could use these steps when feeling angry?

Step 1 - Next time I get angry, before talking to the person I can
Relax my body by counting to ten.....
Leave space between me and person I am angry at
by.....
Take a sit on.....
Control my breath by.....

Step 2 - When I am ready to talk, I can explain to the other person
.....made me angry
.....caused.....
.....made me feel.....