

# Anger Hacks

## Think, Pause, Respond

### Step 1: Hit Pause



**Stop what you are doing and take 3 deep breathes.**



Anger can take over your rational thinking. Pausing even for a few seconds can help you engage your thinking brain instead of reacting emotionally.

### Step 2: Name It



**Tell yourself 'I am angry' or 'I am frustrated'.**



Even thinking it quietly can help you take control of your emotions.

### Step 3: Notice Your Thought



**Ask yourself: 'What am I thinking that is making me mad?'**



Writing it in a note or on your phone can help make the thought less intense.

### Step 4: Challenge It



**Is my thought 100% true, or am I assuming something?**



Often anger comes from misinterpretations. It can help to consider other possible explanations, and using them to reframe the thought.

### Step 5: Decide What is Next



**Decide how to respond without letting anger control you.**



For example, you could walk away, talk calmly about your feeling, or problem solve.

# Anger Hacks

## Think, Pause, Respond

### Step 1: Hit Pause

What can you do to pause when you start feeling angry?



### Step 2: Name It

What words best describe how you are feeling?



### Step 3: Notice Your Thought

Ask yourself: 'What am I thinking that is making me mad?'



### Step 4: Challenge It

Is my thought 100% true, or am I assuming something?



### Step 5: Decide What is Next

Decide how to respond without letting anger control you.

