

10

TIPS to
expressing **healthy** anger

Not sure how to handle the heat of the moment?
Read these suggestions to help you express
yourself without violence.

Feeling angry is good. Anger tells us something is wrong. Using violence or abusive language are never acceptable ways of coping with anger.

Instead of giving time outs, take one yourself.

Use this time to talk yourself down from hostile thoughts, feelings and urges.

Don't blame others for the fact that you are feeling angry.
Take 100% responsibility for your own thoughts, feelings and urges.

Play detective with yourself. Hurts, fears and vulnerability often hide beneath anger.

Consider the consequences, to you and others, for your choice of words and actions. Consequences come now or they come later, but they always show up!

Be specific and talk about the 'real' problem.

Avoid the tug of war – your way/their way.
Instead use everyone's creativity to find a solution that will work.

Maintain your dignity; help others keep theirs.

Be fair. Be generous.