

How to Manage Feeling Angry

Anger is an emotion we all experience when we feel threatened, and we use it to protect ourselves. So why is it that we get angry?

Trigger: Something happens. Can you think of events 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, taking it out on someone else, or expressing it in the wrong way. This can lead to ruining relationships with friends and family, 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 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 want

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

