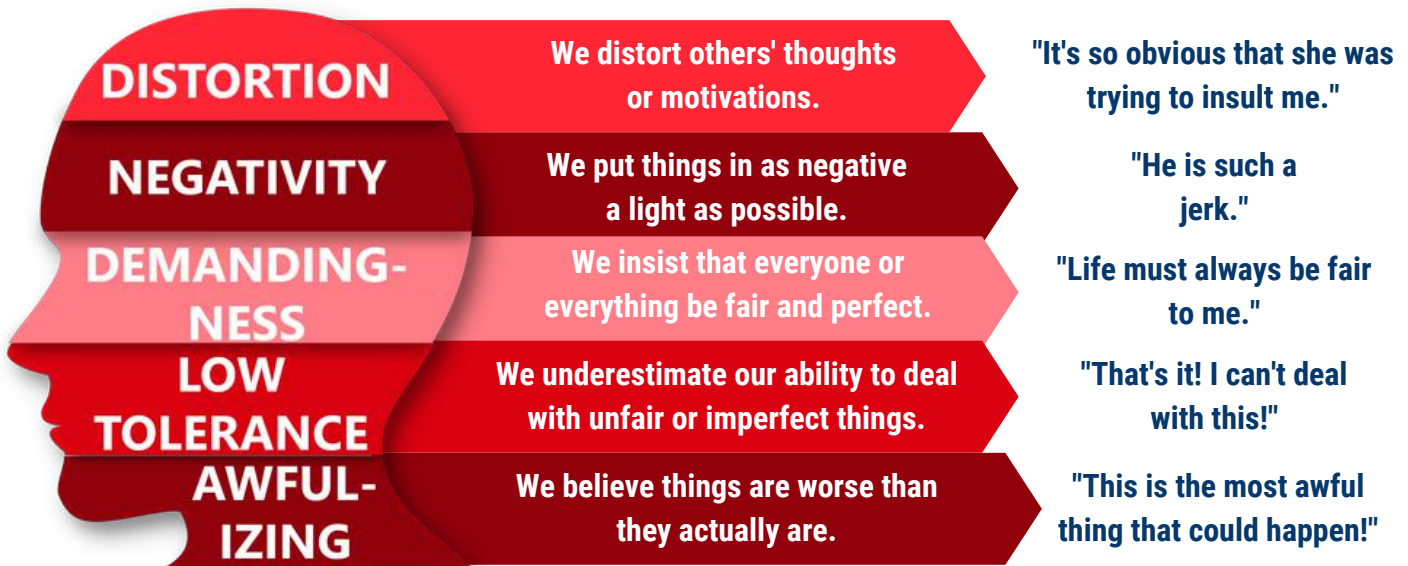


# 5 Ways to Dial Down Anger

Anger management experts have identified 5 thinking patterns that can amplify our anger: **distortion, negativity, demandingness, low tolerance, and awful-izing.**



We can dial things down by replacing anger-amplifiers with: **accuracy, acceptance, flexibility, tolerance and realism.**



Adapted from *Anger Management for Everyone* by Chip Tafrate & Howard Kassinove.

