## 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.

DISTORTION

**NEGATIVITY** 

DEMANDING-NESS

TOLERANCE AWFUL-IZING

LOW

We distort others' thoughts or motivations.

We put things in as negative a light as possible.

We insist that everyone or everything be fair and perfect.

We underestimate our ability to deal with unfair or imperfect things.

We believe things are worse than they actually are.

"It's so obvious that she was trying to insult me."

"He is such a jerk."

"Life must always be fair to me."

"That's it! I can't deal with this!"

"This is the most awful thing that could happen!"

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

"I should ask before I assume I know what she's thinking."

"He can be a nice person when he wants to be."

"I would prefer life to be fair, but I can handle it when it's not."

"This is tough, but I can handle it."

"This is difficult."

We fact-check and analyze others' motives accurately.

We accept the good as well as the bad in others and in situations.

We accept that people and situations are not always fair.

We believe that we have a high tolerance for frustrating situations.

We don't overblow things, but look at them realistically.

**ACCURACY** 

**ACCEPTANCE** 

**FLEXIBILITY** 

**TOLERANCE** 

**REALISM** 

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

