

4 STEPS TO ANGER MANAGEMENT

Change the Anger Triggers

Not all situations are worth getting angry over. If you feel your anger building in a situation where the cost-benefit of getting angry doesn't make sense, just leave. You don't have to fight every fight.

STEP
01



STEP
02

Change Your Thinking

Learn to recognize if you magnify and catastrophize your problems. If so, your anger is causing needless pain and frustration.

STEP
03

Change Your Feelings

Learn how to self-soothe your anger with relaxation techniques and exposure training.



STEP
04

Change How You Express Anger

Take a class on assertiveness to learn how to express frustration in a productive way.

