

Getting On Top of Anger

- Identify early warning signals of danger – there’s almost always a physiological tip-off: tight chest, tense jaw, stomach churning, etc.
- Say to oneself – “I’m about to lost it.”
- Announce to your child – “I need to calm myself.”
- Walk away – engage in self-soothing behavior. Use trial and error approach to discover what calms you.
- If your child follows, say, “I can’t talk now. The answer is an automatic “no” if you don’t leave me alone.”
- Explain later, when calmer, that you’re working on yourself – learning to control your own anger. Own that the anger is yours, your problem, and your responsibility.
- Keep trying- eventually your body and your child will get the message.