

Techniques for Managing Anger

- Count to ten.
- Practice forgiveness.
- Write in a journal.
- Use “I” statements.
- Identify shoulds for yourself.
- Identify shoulds for others.
- Confront appropriately.
- Determine what you can learn from your anger.
- Forgive others for being unhealthy/imperfect.
- Write a letter.
- Write feelings.
- Draw feelings.
- Talk it out.
- Exercise.
- Remove self from situation.
- Express yourself in front of a mirror.
- Practice relaxation.
- Forgive yourself for being unhealthy