

Self Talk for Controlling Anger

Both research and experience show that when people with anger problems change their self-talk, their anger de-escalates and they regain control. When you start to feel angry, take a time-out and read these statements to yourself.

- I don't need to prove myself in this situation. I can stay calm.
- As long as I keep my cool, I'm in control of myself.
- There is no need to doubt myself; what other people say doesn't have to matter so much. I'm the only person who can make me mad or keep me calm.
- My anger is a signal. It's time to talk to myself and relax.
- I don't need to feel threatened here.
- Nothing says I have to be competent and strong all the time. It's okay to feel unsure or confused.
- It's impossible to control other people and situations. The only thing I can control is myself and how I express my feelings.
- It's okay to be uncertain or insecure sometimes. I don't need to be in control of everything and everybody.
- If people criticize me, I can survive that. Nothing says I have to be perfect.
- If this person wants to go off the wall, that is nothing I need to do. I don't need to respond to their anger or feel threatened.
- It's okay to walk away from a fight.
- It's nice to have other people's love and approval, but even without it, I can still accept and like myself.
- It's okay to make mistakes.
- People are going to act the way they want to, not the way I want them to.
- I feel angry, that must mean I have been hurt, scared, or have some other threatening feeling underneath the anger. It's okay.