

Anger Management

The Five-Step Approach to Managing Anger

1. **Recognize** the signs and symptoms of anger. Anger is a natural emotion, but it can become a problem if it is not managed properly. Recognize the signs and symptoms of anger, such as increased heart rate, increased blood pressure, and increased muscle tension.

2. **Identify** the triggers that cause anger. Anger is often triggered by specific events or situations. Identify the triggers that cause anger, such as feeling disrespected, being interrupted, or being criticized.

3. **Take** a timeout. When you feel anger rising, take a timeout. Step away from the situation and take a few deep breaths. This will help you to calm down and think more clearly.

4. **Express** your feelings. Once you are calm, express your feelings. Use "I" statements to describe how you feel and why. For example, "I feel angry because you interrupted me."

5. **Problem-solve**. Once you have expressed your feelings, work on finding a solution. Think about the situation and what you can do to prevent it from happening again.

6. **Practice** anger management techniques regularly. Anger management is a skill that needs to be practiced regularly. Practice techniques such as deep breathing, meditation, and journaling.

7. **Seek support**. If you are having trouble managing your anger, seek support from a therapist or support group. They can provide you with additional strategies and resources.

8. **Remember** that anger is a natural emotion, but it can be managed. Anger is not a bad thing, but it can become a problem if it is not managed properly. Remember that anger is a natural emotion, but it can be managed.

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Think

1. How do you feel about your anger?
2. What are some things you can do to manage your anger?
3. How do you feel about your anger?
4. What are some things you can do to manage your anger?
5. How do you feel about your anger?

Essay: Remember to use the new vocab you have been learning

Write an essay about anger for different people. Use the new vocab words you have been learning. Write about how anger affects different people and how they can manage it. Use the new vocab words you have been learning.