

Top 8 Tips To Control Your Anger

Controlling your anger is a highly worthwhile endeavor. It can be challenging, but the payoffs are well worth the effort and time to accomplish this goal. Try these tips to get back on track quickly when your anger starts to rear its ugly head.

Limit yourself to "I" statements.

- ❖ It is more productive to say, "I feel upset when you're late" as opposed to, "You're always late."

Only express your anger when you are calm.

- ❖ Expressing your feelings at the peak of your anger accomplishes nothing positive. Wait until you've calmed down and then let others know that you're not happy.

Work on solutions, rather than just venting.

- ❖ Most of the time, we just vent and let everyone know when we're angry. Instead, why not try to set the anger aside and focus on finding a solution to the current challenge.

Use a little humor.

- ❖ Lifting the prevailing mood with some lighthearted humor can diffuse the situation and make everyone feel a little better.

Know when an expert is needed.

- ❖ It's okay to seek professional help if you have a difficult time controlling your anger. There is nothing to be afraid or ashamed of. Would you be ashamed if you hurt your knee and had to have a doctor look at it? Of course not!

Be able to forgive.

- ❖ A person that can't forgive others is doomed to be miserable. Nobody is perfect all the time. Let go of the past by forgiving and forgetting.

Use exercise as a tool.

- ❖ Emotional energy can be released via physical activity. Get active and watch your anger melt away.

Breathe.

- ❖ A few relaxed, steady, deep breaths can work wonders. Give yourself a 10-second break to think and relax before you say something you'll regret.

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