

RETHINK ANGER

- RECOGNIZE** Recognize when you are feeling angry. What makes you angry? Is anger being used as a cover-up for other emotions (fear, stress, shame, fatigue, embarrassment, etc.?) Evaluate your expectations. Compare my heart's desire to God's desire.
- EMPATHIZE** Try to see things from the other person's point of view.
- THINK** Our anger often comes from how we look at things. How we think about a situation, how we interpret what someone says, and how we handle our frustrations and disappointments are what stirs up our anger.
- HEAR** Listen to what the other person is saying. Check to see if you understand correctly. Ask them for clarification if necessary. Active hearing works both when you are the angry person or when someone is angry with you. When people are hurt they want to be heard. Give feedback that you are hearing them.
- INTEGRATE** Combine respect and love with what you are saying. Speak the truth in kindness. IF you can't speak the truth kindly, it is not time to give that "truth" yet.
- NOTICE** Your body's reaction as you get angry: increased heart rate, breathing harder and faster, headaches, stomach pains, tension in the neck, pains in the chest. Calm yourself. What works for you? Long walks, jogging, thinking about other ways to view the situation, etc.?
- KEEP** Your attention on the present event and alternative solutions. Don't bring up old grudges and wounds. Keep your focus on the behavior that is causing the difficulty. Keep personalities out of it.

Adapted From: Institute from Mental Health Initiatives (IMHI)