



30 techniques for managing your anger

courtesy of Sue Parker Hall

author of Anger, Rage and Relationship: An Empathic Approach to Anger Management (Routledge, 2008)

1. bash a cushion
2. walk away
3. count to ten
4. take deep breaths
5. get some exercise
6. smile instead
7. think of something funny
8. say a pre-agreed word to your partner which will make you both laugh
9. draw a picture of your anger and tear it up or burn it
10. think nice thoughts
11. Once you're calm, express your anger
12. Think carefully before you say anything
13. Identify solutions to the situation
14. Use 'I' statements when describing the problem, avoid criticizing or placing blame
15. Don't hold a grudge, forgive the other person
16. Practice relaxation skills
17. Say a calming word to yourself
18. Find a safe spot
19. Find a sweet spot; look for the silver lining
20. spend some time outdoors
21. take some regular quiet time
22. recite the serenity prayer 'God grant me the serenity to accept the things I cannot change, the courage to change the things I can and the wisdom to know the difference'
23. create a silly mental picture (if someone is late imagine the white rabbit "I'm late, I'm late etc')
24. don't react, respond
25. say nothing instead of arguing
26. train in the martial arts
27. imagine a place with trees, soft grass to sit on, the sounds of twittering birds and the flowing water of a cool calm stream
28. throw a tennis ball at the wall
29. stomp on aluminium cans
30. play a drum

While these techniques are helpful for reducing your risk of hurting yourself or others they only address surface symptoms, they do not address the cause and any benefits are temporary. To address the underlying causes, a deeper process is necessary and Empathic Anger Management (EAM) may help.

For face-to-face or Skype therapy with an EAM practitioner please contact sueparkerhall@btconnect.com or re-visit www.empathic-anger-management.co.uk

We look forward to working with you