



empathic
anger
management

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30 tips for managing anger

1. Get familiar with early warning signs
2. Take a break
3. Take deeper breaths
4. Think of your happy place
5. Be positive
6. Find someone to talk to
7. Try laughter
8. Try exercise
9. Reframe the situation
10. Journal
11. Meditate
12. Get more sleep
13. Find ways to relax
14. Get out of your head
15. Walk away
16. Listen to music
17. Soothe yourself
18. Think of the bigger picture
19. Get grateful
20. Smile
21. Remember positive things
22. Avoid substances
23. Kick box
24. Let go of resentment
25. Learn how to say no
26. Create a calm myself kit (scented hand lotion, a picture of a serene landscape, a spiritual passage, stress ball, sweets)
27. Distract yourself
28. Identify what you need
29. Get into nature
30. Identify a solution

Anger Vs Rage

These are all cognitive and behavioural strategies which you probably already know about and may have already tried; you possibly know more strategies as well.

Empathic Anger Management differentiates between anger and rage.

Rage is usually what my clients present with. This is an unconscious phenomenon, therefore uncontrollable with cognitive and behavioural techniques.

Rage is emotional overwhelm in people who most often have never developed their emotion processing skills; they are usually from care backgrounds which were not very emotionally aware. Rage requires a deeper process for change; it involves developing your emotion processing capacity, which reduces the stress on your organism and allows you to manage life's experiences as they occur Vs letting them pile up and overwhelm you.

A few of the people I work with have developed their emotion processing capacity but because have recently experienced several life events in quick succession, they have temporarily lost that skill but can recover it relatively quickly in therapy.

The capacity to process emotion is a developmental stage which can only be completed in a relationship. A therapeutic relationship offers the optimal environment to learn how process the experiences that have piled up from the past, are occurring in the present and will occur in the future.