Things You Can Tell Yourself When Angry

When we are angry, it is very easy to get carried away and say all kinds of cruel and absurd things to ourselves (and others!). One of the most effective ways to decrease anger is to cut out those bad things we say to ourselves *and* change our point of view.

Next time you get angry, give these a try
- Will it matter next week, next month, next year?
- What right do I have that is being violated?
- Visualize getting along, walking away—Instead of kicking the person's arse!
- Look at the person/situation making you angry as a test to see if you will become angry.
- If you allow others to make you angry, you are allowing them to control you. Do you really want others pulling your strings?
- No matter how tough you are, you'll find your match
- The only person responsible for your anger is you
- Imagine what the world would be like if everyone had anger like you
- Anger is energy. Are you going to use this energy for something productive or destructive?
- Learn to laugh at yourself
- Keep a journal of absurdities
- Find the comedies in the tragedies—It's a matter of perspective.

What are the top three things you want to say to yourself the next time you are angry? Is there any reason you think they won't work?

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Better your relationships. Manage your Anger. Calm yourself.