Angry Behaviors

Of course your thoughts can make you angry, but your behaviors can also cause anger. Most people don't think about this one.

When you are getting angry, make sure you:

Keep your palms open in order to avoid making fists
Press open palms against legs if your urge to make fists is too great
Relax your jaw and other muscles that might be tight
Change environment your environment by walking away and taking a timeout

Think about this…It might feel better at the time, but these actually maintain and practice anger:
Punching bags
Boxing rings
Breaking things
Violent video games
Angry music
Substance abuse

Anger reducers:

Exercise to burn up that angry energy
Throw yourself into a hobby or some other kind of distraction
Work on communication skills (Call me up about this one)
Journaling- write out those things that really get to you

What angry behaviors do you have? Think of this the next time you get angry and list them out. Then we'll find a way to avoid them.

Better your relationships. Manage your Anger. Calm yourself.

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