

Slow down and listen– don't rush in and say the first thing that comes to your mind. Listen to what the other person has to say and take it into consideration

Don't jump to conclusions– ask the person what they are trying to say so that you can gain a better understanding

If you can keep calm and find out more about how the other person is feeling, then a row or fight can be avoided.

How can you help yourself overcome anger?

- Recognise your angry thoughts and challenge them
- Use relaxation and other ways to control the physical symptoms of anger
- Improve communication skills
- Do not allow yourself to continue with long term critical beliefs of yourself



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Registered in England and Wales. Company No: 5664138

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Controlling Anger

You may feel like you can do little to control your anger - but there are little things you can do to make a difference.

This guide aims to help you cope with anger.

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Everyone feels angry at times, and this is often due to life stresses such as money, housing problems or difficulties in relationships. For some people the problem becomes much worse and gets in the way of normal life. **Anger** becomes a **problem** when it becomes too strong, happens too often, lasts too long, spoils relationships or interferes with work and if in particular it leads to violence or aggression.

Anger can vary from mild irritation to intense fury and rage. As with all emotion, bodily changes go with it - heart rate goes up, blood pressure goes up as our body is prepared for 'fight or flight'.

Relaxation is a skill like any other and takes time to learn.

Controlling angry behaviours

Be very clear about what comes before your angry behaviour and what happens afterwards. Have a think of things you can do instead of being angry e.g. excuse yourself from the situation for 5 minutes to calm down, ask the person involved in the reason for your anger to sit down and talk about it. Other helpful ideas to help control anger are either count to 10 slowly in your head or take a quick, short walk to clear your head.

Stressful lifestyle

Try to identify stressful situations and take a step back. You could try learning to relax by taking up a relaxing hobby.

Long term beliefs

Sometimes you may have view's of yourself that are very self-critical. These beliefs are often a product of past experience especially if there has been a lot of anger, criticism or violence in your life. **These beliefs hold no truth for the here and now.** These beliefs may make you more sensitive and may lead to anger towards yourself and others. Try not to knock yourself down, look at the good things about yourself not the bad, don't stick with the negative beliefs that are there because of unhappy times in your past

