

# JUST THE FACTS: Anger

## Anger Control Plan



The **Anger Control Plan** is a map or guide that lists tools for handling anger.

### Anger Control Plan

1. The **Anger Meter** uses a personalized scale from 0-10 to measure your anger levels at any given moment. You can use the Anger Meter throughout the day to increase awareness of your anger levels.
2. A **Time-out** is a way for you to remove yourself from a stressful or anger-provoking situation. It gives you a chance to cool down and can allow you to respond calmly rather than aggressively.
3. **Relaxation Techniques** such as deep breathing and muscle relaxation can help you cool down and relax.
4. **Helpful "Coaches"** are people who can listen when you have a problem. They weren't involved in the situation that led to your anger and help in two ways:
  - They can provide an unbiased point of view.
  - They can calmly suggest solutions you may not have considered.
5. **Changing negative self talk.** Thoughts that include words like "should," "shouldn't," "must," "ought," "always" "have to," or "need to" tend to increase anger. It is best to learn to accept the things that can't be changed, and put energy into changing the things that are controllable. Try these responses to dispute your own "should" thoughts or statements:
  - I have a right to want something, and others have a right to say no.
  - Sometimes I have to take this world as it is, and not as I want it to be.
  - People don't always do what I think they should do, because everyone has different ways of doing things.
6. **Keep your anger control plan in several places for easy access:**
  - Around your home.
  - At work.
  - In your car.
  - On a card in your wallet.

