

Controlling Anger Self Help Guide

1. When it is possible to do so, just walk away from an anger-tempting situation and give yourself some time to cool off.
2. Breathe deeply and slowly.
3. Repeat a calming phrase to yourself. This could be anything from, "let it go," to "it's just not worth it," to the name of someone you love.
4. Close your eyes and visualize yourself sitting in the most peaceful place you know. Now relax.
5. Get in touch with your logical side and allow your emotions to simmer down.
6. Remind yourself that out of control anger will fix nothing. You are better than that.
7. You can do it! You can overcome your anger and find something positive to work on instead. Just give yourself time.
8. After the episode is over, make sure that you are getting enough...
 1. Sleep
 2. Proper exercise
 3. Nutrition
9. Now that your anger is past, analyze why you became so upset. What can you do next time to avoid getting your emotions out of control.
10. Remember those expectations that you had? Remember that you are not perfect. Neither is anyone else. Try to keep those expectations realistic. After all, things happen to cause other people to not be at their best either. None of us knows just what that other person just had to deal with.

Are you part of the problem or the solution?

Remember, the choice is yours.

Should you need more help than this guide offers, you may want [**more in depth training in releasing your anger here.**](#)

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