

Emotion Regulation

Anger

When angry, some people express and act on anger in a negative way by:

- Frowning or not smiling
- Gritting your teeth
- Grinning (faking being happy)
- Getting red in the face
- Verbally attacking someone
- Physically attacking someone
- Swearing
- Yelling or screaming
- Clenching your fists
- Making aggressive or threatening gestures
- Stomping, slamming doors, walking out
- Avoiding others for a long time

You can learn to deal with angry feelings so that you don't take your anger out on yourself or others:

- Stop
- Think
 - Ask yourself – what is going on? What is happening to me? How am I feeling right now?
- Calm down
 - Count to 10
 - Breathe deeply and slowly
- Act
 - Tell yourself you can handle it, there is no need to lose control
 - Leave the situation long enough to calm yourself down and think of a better way to handle the situation
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