

Dealing With Anger



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WHEN SOME PEOPLE GET ANGRY, THEY SHOUT OR THROW things. Everyone around them knows right away that they're angry. Other people get angry in other ways. They cry. They feel upset and put-upon, but they can't talk about what they're feeling.

When you are angry with someone, you can choose to keep your angry feelings, or you can talk to the person you're angry with and figure out together what to do so that both of you are happy.

But to have that kind of talk, you can't show that you're angry in a way that is going to make the other person pull away.

Try Not To:

- Call the person names or say that he/she is bad or no good.
- Blame the person for things that have happened.
- Shout, cry or throw things.

Try To:

- Tell the person what you like about them before talking about the things that make you angry.
- Say, as calmly as possible, why you feel angry.
- Ask them how they feel and don't interrupt them when they answer you. Wait until they're finished and then let them know that you hear what they're saying
- If they interrupt you when you're talking, try not to get more angry or cry. Take a deep breath, wait until they stop talking, and finish telling them what you feeling.
- Talk about what the two of you can do together to help both of you feel happy.

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