

Helpful Tips for Controlling Your Anger

- Count to ten before responding
- Take a time-out
- Identify the causes of your anger
- Relax your muscles
- Play some music and shake it off
- Take a deep breath to relax
- Look at the bigger picture
- Write out your feelings
- Practice empathy and understanding
- Express your feelings and anger
- Come up with an immediate solution
- Rehearse your response ahead of time

Getting Control Of Your Anger

B Lingard



Getting Control Of Your Anger:

Ignite the flame of optimism with is motivational masterpiece, Fuel Your Spirit with **Getting Control Of Your Anger** . In a downloadable PDF format (Download in PDF: *), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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