

Learn how to recognize the physical, mental, and behavioral warning signs of your angry feelings.

It is helpful to pay attention to our signals when we are angry. For example, clenching your teeth or fists, tension in your neck or stomach, feeling hot and flushed, increases in heart rate and breathing are common anger signals. These physical signals, in combination with thoughts and expectations, are cues that we need time to “cool down,” adjust our expectations or attitudes, or simply walk away from a situation. Below, write your physical, metal and behavioral signs when you are angry:

Talking it Out

Talk to someone you trust and who is not involved in the situation where you are angry. Speaking with a neutral party, a counselor or a helpline can help you get another perspective. Avoid talking with someone who encourages you to act harmfully on your angry feelings. Instead, choose someone who is calm and able to help you talk about your anger in a way that allows you to resolve it and move on. Sometimes in talking with others and listening their input, we actually create solutions that work for you. Below, name some people who can help you when you are angry with your partner.

Relax:

Finding ways to relax can help you examine your thoughts and develop a plan where you are not using your anger to harm anyone. It is helpful to have strategies to help you relax physically and emotionally. For some, it may be taking a couple of deep breaths, for others it may be exercise. Other ways to relax may be some sort of creative activity, reading or doing something spiritual (such as praying or meditating). Write some ideas below that can help you relax.

Explore your options.

Often, when you are angry, you may feel stuck. When angry, it is easy to get into “black and white” thinking and blaming others instead of examining all of our choices and solutions. It is helpful to take time to think before acting or responding. Ask yourself “*What type of response will be best for me and my partner/children?*” It can be helpful to think through different scenarios in your head or to talk them over with someone you trust. Sometimes, it may help to think about how your children would respond to your behavior when you expressed anger. Try to let go of the problem for a period of time, and see if you get a new perspective.

Recall what solutions worked for you in the past.

You may have had a situation where you dealt with anger in a way that kept yourself safe, was respectful of your partner and set a positive example for your children. Maybe you took time to cool down before confronting, you were able to examine your thoughts before acting on your anger, simply decided to not let something bother us, or we realized that what we were mad about was really our own fault. Whatever the solution was, it has the potential to work again. Exploding or harming others physically or emotionally can negatively affect you and your family. Remember, that you do have the choice with how to manage your thoughts, feelings and behavior in a respectful and non-harming way. Below, write an example where you thought you positively expressed or manage your anger with your partner.
