

## Handout 2     **Accepting Responsibility**

### **Address the inner cause**

Instead of focussing on the wrong-doers and their actions, think about what it was that hurt you in mind or body

### **Recognise your own flashpoints**

Such as feeling disrespected, unfairly judged, disregarded, exploited, uncared for

### **Identify the specific damage done by anger**

For example the pain and suffering for you and for others; the damage to your relationships

### **Develop your conflict management skills**

Learn how to be assertive rather than passive or aggressive. Make use of negotiating skills and obey the rules about fair negotiation

### **Search for the other person's perspective**

Even if you don't agree with it. Listen to the other person in the spirit of finding out what they think rather than in the spirit of judging or blaming

### **Tackle the stresses that make you vulnerable**

Anger is more easily triggered when we are exhausted, overburdened, rushed, worried, unwell

### **Learn how to calm yourself down**

Think about what you can do to make yourself feel better other than berating others or lashing out

### **Limit your alcohol intake.**