

Handout 3

Managing Anger Red

- Invent your own stop signal. Imagine a large **STOP** sign, or flashing red light or barrier in the road with **STOP** written on it, or someone shouting **STOP** or an alarm bell. Or imagine shutting your mouth.
- Agree with someone a phrase or action that will remind you to make intervention. For example "Leave it"
- Get out of harm's way: take yourself out of the situation, even for a short time
- Try to steady yourself down. Focus on your breathing, and take a deep breath in. Let it out slowly, and tell yourself to stay calm
- Count before you speak or act: up to 10 or 200, depending on how long it takes to feel calmer
- Try to relax, to undo the bad effects of the rigidity and the unpleasant physical sensations that go with anger

