



Working with Anger

INSTRUCTIONS: CHECK THOSE TECHNIQUES YOU ALREADY USE AND CIRCLE THOSE TECHNIQUES YOU WILL TRY OVER THE NEXT WEEK. REMEMBER IT IS OKAY TO BE ANGRY, BUT IT IS NOT OKAY TO HURT OURSELVES, HURT OTHERS, OR DESTROY PROPERTY.

- Count to 10, breathe like Darth Vader, pray, or meditate
- Imagine being in a better place; imagine being on top of a mountain looking down at your troubles from far away
- Spend time alone, enjoy nature, find a safe place
- Hold yourself and rock, cry, let go of the outcome
- Rinse your face, soak your head, take a long shower or bath using Epsom salts, bubble bath, bath oil, music and soft lights
- Clean the house, organize your room, garden, engage in hobbies
- Stomp, run, exercise, lift weights
- Rip newspaper, use a punching bag or pool noodle, hit pillows, scream into pillows
- Practice angry/horror faces in a mirror
- Draw anger or anger monster or engage in other art projects
- Get plenty of sleep and good nutrition, exercise regularly to reduce stress
- Write poetry, write in private journal, destroy writing
- Read a book and explore another world
- Call a caring friend who will listen
- Laugh, watch a funny movie, share jokes, collect cartoons
- Cuddle with a pet, doll, teddy bear, or family member
- Eat nourishing foods to remember a time when you felt nourished

