

ANGER RELEASE

10 COGNITIVE TOOLS



1) JOURNAL

explore what might be underneath your anger. Allow yourself to write in a stream-of-conscious style & see what you uncover.

2) WRITE

Write a f*ck off letter. Vent your anger out in a letter to the situation or to a person - then burn or tear up the paper (don't send it!)



3) BOUNDARIES

Anger often points to a boundary that has been crossed. If this is the case for you; work on setting the boundaries you need to & then communicating them to those who need to hear it.

4) COUNT

Take a deep breath and count slowly to 10 to create some space between your emotion & your reaction.

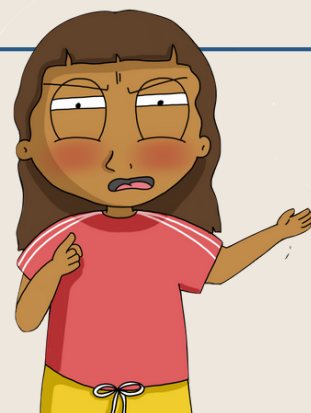


5) SPACE

Move to another room or exit the scenario if you are getting too heated. Allow yourself some space to regroup and return when you are more regulated.

6) NEEDS

Reflect on whether the root of your anger is an unmet need. When your own needs are ignored or pushed aside this can build resentment & anger. What is it that you need? And how can you meet this need?

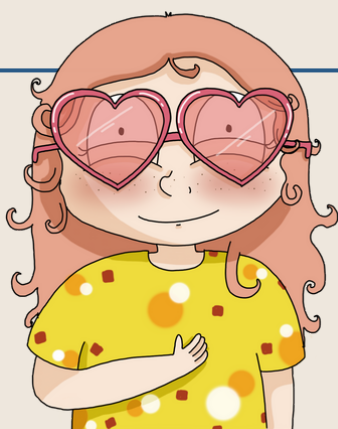


7) OVERWHELM

Consider the overall levels of stress in your life. Is your anger the result of a singular incident or is there a compounding sense of overwhelm, stress & overload in your life? What can be done to reduce this?

8) FOUNDATIONS

Look after your foundations - ensure you are getting enough sleep, your body is nourished with good food & water & you are getting exercise.



9) MINDSET

Watch out for your thinking styles & remember not all thoughts are true. When you're angry you may not think straight. Be mindful of thoughts like 'he should...' or 'I can't stand...' & look out for 'black & white thinking' & catastrophising.

10) COMPASSION

Show yourself compassion. Anger is a valid emotion that needs to be allowed space to be processed & felt. It's okay to feel & express anger in healthy ways.

