

Basic Anger Management Techniques

Anger Management Technique #1 — Recognise Stress.

This anger control tool emphasizes the importance of understanding how stress underlies anger and how to reduce stress before it turns into anger.

Anger Management Technique #2 — Develop Empathy.

This anger control skill focuses on the relationship between empathy and anger management and how one can reduce his/her anger by learning how to see things from the perspective of others.

Anger Management Technique #3 — Respond Instead of React.

This anger management technique enables one to respond rather than automatically react to anger/stress triggers. Human beings have the capacity to choose how to express their anger and therefore can learn new ways to more effectively communicate their needs, feelings or requests.

Anger Management Technique #4 — Change That Conversation With Yourself.

This anger control technique involves learning to recognize and modify one's inner conversations. Learning to change that "self-talk" empowers you to deal with anger more effectively in terms of how strongly you feel the anger, how long you hold onto your anger, and how you express your anger.