

# ANGER

**FITS THE FACTS** of a situation whenever:

- An important goal is blocked or a desired activity is interrupted or prevented.
- You or someone you care about is attacked or hurt by others.
- You or someone you care about is insulted or threatened by others.
- The integrity or status of your social group is insulted or threatened.

When your Anger is **NOT JUSTIFIED** by the facts, or when acting on the emotion urge would **NOT BE EFFECTIVE**, use **OPPOSITE ACTION**:

**Action Urge:** Attack

**Opposite Action:** Gently avoid/be a little nice



## OPPOSITE ACTIONS FOR FEAR:

Do the **OPPOSITE** of your anger action urges.

Example:

1. **GENTLY AVOID** the person you are angry with (rather than attacking).
2. **TAKE A TIME OUT**, and breathe in and out deeply and slowly.
3. **BE KIND** (rather than mean or insulting).

## ALL-THE-WAY OPPOSITE ACTIONS FOR ANGER:

4. **IMAGINE** having understanding and empathy for the other person.
  - Step into the other person's shoes.
  - Try to see the situation from the other person's point of view.
  - Imagine really good reasons for what has happened.
5. **CHANGE** Your Posture:
  - (**WILLING HANDS**) Unclench hands, with palms up and fingers relaxed
  - (**HALF-SMILE**) Unclench teeth. Relax facial muscles.
  - Relax chest and stomach muscles.
6. Change your **BODY CHEMISTRY**.  
TIPP skills can be used for this.
  - Try paced breathing by breathing in deeply and breathing out slowly.
  - Run or engage in another physically energetic, nonviolent activity.

