

RELATIONSHIPS

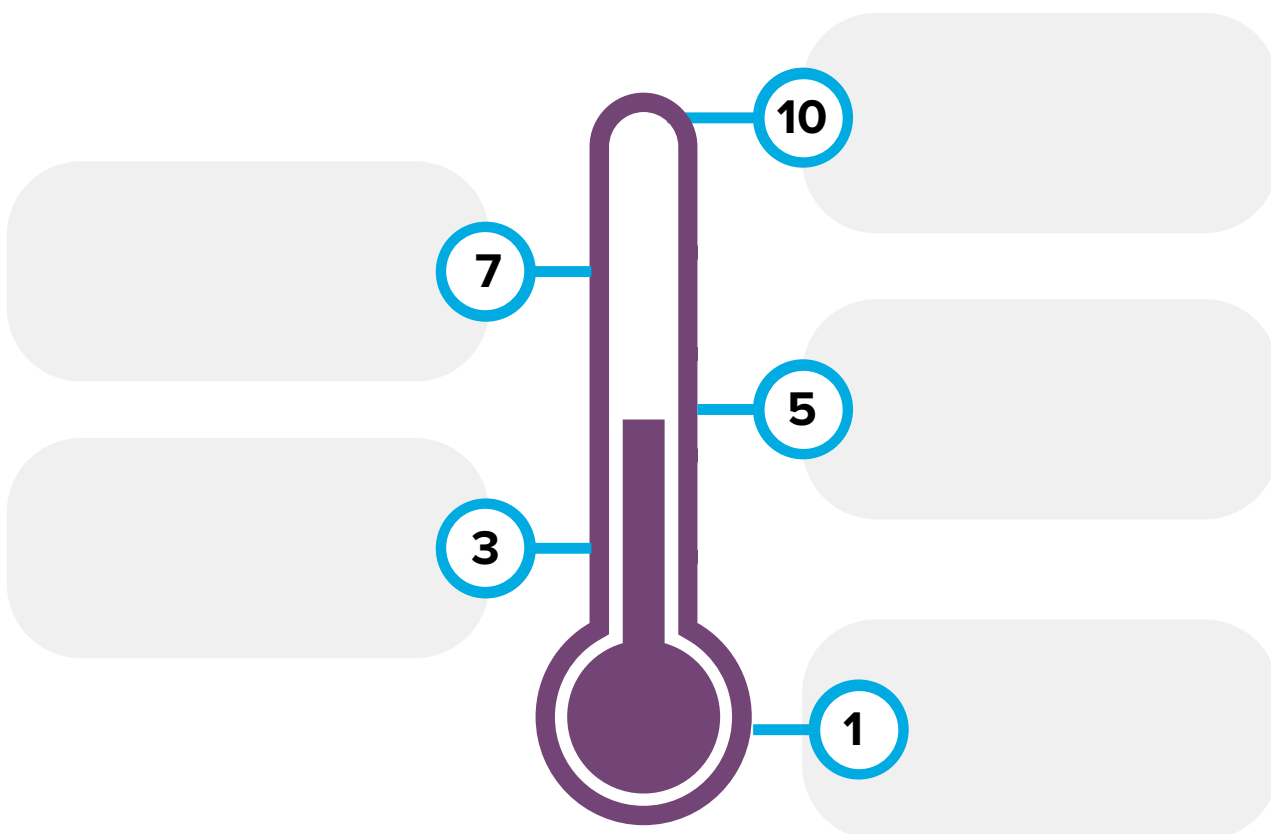
Managing our response to anger

Let's think about the consequences of not being able to manage our anger. Let's say, for example, you get angry and smash your phone. The result: you have a broken phone and the thing making you angry probably hasn't changed.

We can think of anger like a thermometer with a scale going from 1 to 10.

Imagine how you would feel at the different points. At three, four, five – maybe you have a twitchy leg, or a clenched fist. At six, seven eight, nine – imagine how hot and strong that feels. Think how difficult your response gets to manage at this stage.

Below, imagine how you would feel at different points on the thermometer. How does your body feel? Do you have the urge to do something at each stage?



Remember!

It's not wrong to be at ten out of ten anger. It's just we have little control over our responses when we're at that point. The aim is to catch the anger rising and keep it at four or five to stay calm.