

Self-Talk for Anger

In the Heat of the Moment:

- STOP, walk away, and take 10 slow breaths (use a cardboard STOP sign reminder in your pocket if you need to do this a lot)
- I can choose how to react to this; nobody can make me lose it
- I can't win if I lose my cool
- When I am calmer, I can think of better solutions
- Life is often unfair, but you can still get what you need if you stay calm and think
- I can release the anger in physical activity if needed (e.g., run it off, punch a pillow, etc.)

In Imagination:

- I can imagine ice packs wherever I feel the anger
- I can imagine my brain cooling down and the "hot thoughts" floating away
- I can imagine myself in my favorite, calm place

When I'm Calm Enough to Think:

- Don't take it personally: maybe the person is having a bad day
- Don't take it personally: maybe the person has a mental health problem
- Don't take it personally: maybe the person treats others this way too
- Maybe the person is not trying to hurt me on purpose (e.g., they could be responding to peer pressure, family pressure, etc.)
- Maybe the person doesn't realize how this is affecting me—so maybe say "it hurts my feelings when you do/say that"
- I can get through this; I'm not going to let this ruin my day
- It's not worth getting upset over
- If it happens repeatedly, I can choose to stay away from that person and not get hurt again

When Craving Revenge:

- I won't give them the satisfaction of seeing me upset
- I may feel insulted/hurt/upset, but I can get by with a little help from my friends
- It's only one fight—things may yet turn out in my favor in the long run
- No need for revenge: what goes around comes around eventually
- If I can avoid taking revenge, I can stay out of trouble
- When I hold onto anger I'm miserable, so they win; when I let it go I feel better so I win
- I can be proud of taking the high road/being the bigger person