

## Steps for Controlling Anger.

- 1. Take deep breaths and count to Ten slowly. Concentrate on the breaths, breathe slowly in and out.**
- 2. Sit quietly and imagine yourself at a peaceful place. Think about being there, imagine the sounds, smells, and the sights.**
- 3. Listen to relaxing music or nature sounds (available at most stores like Walmart, Kinney Drugs)**
- 4. Look at the reason the situation is causing the anger, what are you telling yourself, what are you believing about the situation.**
- 5. Challenge the negative, irrational beliefs that cause the anger. Replace them with more rational beliefs.**
- 6. When these do not work, simply walk away from the stressful situation or do something that distracts you from the stress.**
- 7. When anger still remains present or you are very intense, do something cardiovascular (running, lifting weights, basketball, aerobics).**