

Talking (Self-Talk for) to Anger

There is an increasing amount of research and experience that suggests that when persons “talk” to anger, they are able to regain control of their feelings and subsequently, the anger subsides.

If you find yourselves becoming angry or angered at a situation, please take the time to consider the following statements. You can also transfer these to 3X5 cards and read them several times a day. The key is to make oneself aware of the reaction in these situations.

1. I don't need to prove myself. I can stay calm.
2. As long as I keep my cool, I am in control.
3. There is no need to doubt myself. Others can say what they want. I am the only person who can decide to make me angry.
4. Time to relax and slow things down
5. The anger is a signal. It is time to be aware of what is happening around me.
6. Nothing says that I have to be happy and strong all the time. It is OK to just be sometimes.
7. It's impossible to control people and situations. The only thing I can control is me and how I express my feelings.
8. It is OK to be unsure, uncertain and confused. I don't need to know the answers.
9. If people criticize and say something I don't like, I don't have to react to it. I can survive that. I am not perfect.
10. When I get into an argument, I can stay calm and stick to my plan. I can take a time out.
11. If someone wants to respond in an angry way, I don't need to respond to their anger or feel threatened.

12. People are going to ACT the way they want to. Not the way I want.
13. I feel angry. That may mean that I feel hurt and/or scared.
14. People use erasers for a reason. It's OK to make mistakes.
15. It's nice to have other's people approval and love. If I don't have it, I can still LIKE and ACCEPT myself.
16. Most things we argue about are stupid and insignificant. I can recognize and become aware that the anger is simply a way of having my survival instincts activated. It is OK to walk away.
17. I know that anger kills me....emotionally in my relationships.
18. It's OK to be confused and unsure at times. I don't need to be in control of everything and everyone all the time.
19. Anger is an emotion. Sadness, happiness and fear are all emotions. The way I feel about these emotions is up to me.
20. I am in control of my life and what happens.