

# ANGER

## > When you notice anger start to build...

*Try this!*

### THINK BEFORE YOU ACT

Immediately challenge the thoughts that trigger your anger. For example another driver may speed by you on the freeway and cut in front of you. Instead of getting angry, think about why they might be speeding. Maybe the speeding driver is rushing their sick child to the emergency room?

### WATCH WHAT YOU THINK

Monitor your mind to catch cynical or hostile thoughts as they arise and write them down. Once angry thoughts are captured this way, they can be challenged before irritation gets out of hand.

### TRY INTENTIONAL COUNTER-THOUGHTS

If cynical or hostile thoughts persist, try to short circuit them by thinking or saying: *Stop!* Purposely substitute reasonable thoughts for mistrustful ones during trying situations.

### THE SOONER THE BETTER

Timing matters; the sooner you realize your anger is building, the sooner you can take action to stop it. Once it has escalated to rage you're likely to dismiss any charitable notions or be unable to call them to mind at all.



## Tips for dealing with anger

### GO OFF BY YOURSELF

Try taking a walk through GVSU's 7 acre Arboretum located next to Zumberge Hall.



### TAKE TIME-OUTS

There are a lot of quiet places around campus such as the Mary Idema Pew Library.



### TRY A DISTRACTION

Listen to music or watch a movie, the Kirkhof Center offers free movies during the school year.



### EXERCISE

Jog around campus or check out GVSU's Rec Center.



## Read a book!

*Anger: The Misunderstood Emotion* By Carol Tavris

This self-help book deals with all the different facets of anger that happen in life.



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