

How to Manage Your Anger

Objective

To identify ways to manage your anger.

You Should Know

Everyone gets angry sometimes. You may feel misunderstood and frustrated, and find yourself arguing with your parents or avoiding your friends. This is a normal part of being a teen. However, sometimes anger can be difficult to control. You may scream or say hurtful things to others. You may throw and break things, slam doors, or punch walls. Or, you may hurt yourself or others. You may be ashamed by this behavior, but don't know how to control it.

Put a check mark next to any of the statements that describe you.

- I often get into physical fights with my classmates or siblings.
- I frequently have screaming matches with my parents, teachers, siblings, or classmates.
- I bully or hurt my classmates, girlfriend/boyfriend, or others.
- I enjoy inflicting pain on my younger siblings, pets, or others that can't defend themselves.
- I often destroy property.
- I harm myself by cutting, burning, etc. **If you are hurting yourself, tell your parent or other adult you trust right away.**

Are there other ways you express your anger that may be harmful to yourself or others?

Describe.

What to Do

Anger is a powerful emotion. Managing your feelings, and how you act on them, is possible. Here are some suggestions for controlling your anger and improving your mood.

- **Exercise.** Go to the gym, take a run, or play sports to burn off that negative energy and improve your mood.
- **Write down your thoughts and emotions.** You can write in a journal or diary, write poetry or song lyrics, or write a letter to someone you are angry at. You don't need to show your writing to anyone else. It's a way to express yourself and release your feelings.
- **Draw or paint.** Expressing yourself with images might be easier than using words.
- **Build or fix something.** Keep your hands busy with woodworking, car repairs, or cooking.
- **Meditate or practice deep breathing.** There are many apps to guide you through meditation and breathing exercises.
- **Share your feelings with someone you trust.** Sometimes just saying things out loud and getting them off your chest can make you feel better. **It's also important to talk to an adult you trust if you are harming yourself, or if you're thinking about harming someone else.**

When you understand what is triggering your anger, it will help you manage those emotions. When you get angry, take a moment to notice what you're thinking and feeling. What has made you angry? And why? Use the chart below.

Event or Situation	How You Felt	How You Reacted	What Could You Have Done Differently?

Reflections on This Exercise

Are there any other positive activities that you might try to release your anger?

Who can you trust to discuss your feelings of anger?

How helpful was this exercise? _____

(1 = not very helpful, 5 = moderately helpful, 10 = extremely helpful)

Is there anything particularly helpful that you learned from this exercise?
