

# Prescription for Moving past anger

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

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## The remedy

Anger is a warning bell that tells us that something is wrong, and it's a powerful and often important emotion that can be healthy when it motivates us to stand up for ourselves and correct injustices. Mismanaged anger can be counterproductive and unhealthy when it is too intense and gets out of control. This kind of anger can lead to poor decision making, and it can effect your relationships. The keys to resolving anger are to accept that it's a normal emotion, and to have the courage to look at what is layered beneath this primitive feeling.

1. Take a moment to understand why you're angry. Be sure to understand if there is something under the anger like a feeling of hurt or being rejected. Anger can often be a mask for deeper feelings.
2. Acknowledge your anger as a normal emotion and give yourself permission to feel angry. Suppressing or denying anger can make it more powerful.
3. Notice where you feel the anger in your body. It might be a heat in your chest, a flushed face, a loud voice or an increase in your heart rate. Paying special attention to the first signs will help you catch your anger earlier.
4. At the moment you feel upset, practice stress management to soothe your body's fight or flight response. This could mean taking deep breaths, listening to calming music, taking a walk outside—whatever is most effective for you.
5. Be patient with yourself as you are working to transform your anger into a more productive emotion. Anger isn't something you just shut off.

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