

9. Don't use alcohol or other drugs to deal with anger.

- ✓ Using alcohol or other drugs may make you feel even angrier.
- ✓ When you're drunk or high, your anger may turn into violence.
- ✓ Watch for other signs of anger being turned inward – like feeling depressed, hurting yourself, eating too much or starving yourself.



If you feel angry all the time, get help!

10. If anger gets to be too much...

- ✓ Do you sometimes feel so mad you think you might explode? Do you feel like hurting yourself or someone else? If so, get help now.
- ✓ Talk about your feelings with a trusted friend, family member, counselor or health care provider.

(Look at the back of this pamphlet for suggestions on where to get help.)

Sometimes anger can turn into violence.

- If you are afraid of hurting yourself or someone else (or if someone is hurting you), get help right away.
- To find hotlines and resources, look in the yellow pages of your local phone book under "crisis intervention" or "suicide prevention."

Written by Mardi Richmond.
Designed by Eva Bernstein. Illustrated by Meg Biddle.
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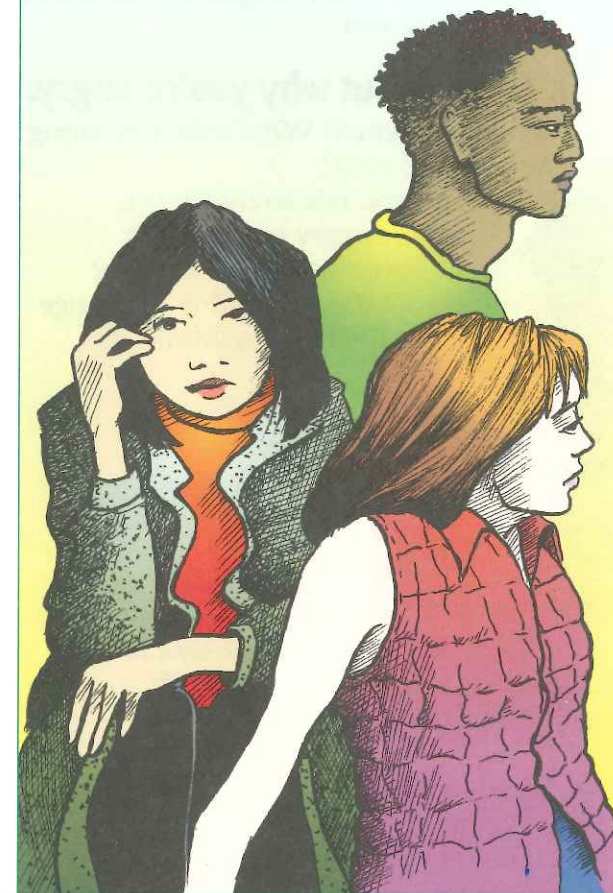
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TEN HEALTHY STEPS

How to Express Anger (without hurting yourself or others)



IT'S OK TO FEEL ANGER

HOW TO EXPRESS ANGER (WITHOUT HURTING YOURSELF OR OTHERS)

1. It's OK to get angry.

- ✓ Anger is how people react to an insult, pain, rejection or frustration.
- ✓ Anger can help you stand up for yourself in an unfair situation.
- ✓ But anger can cause problems if you don't know how to express it appropriately.

2. Take time to cool off.

- ✓ If you act on anger when you're so mad you can't think, you may do something you'll later regret.
- ✓ Take a deep breath or take a walk to help you calm down.

3. Think about why you're angry.

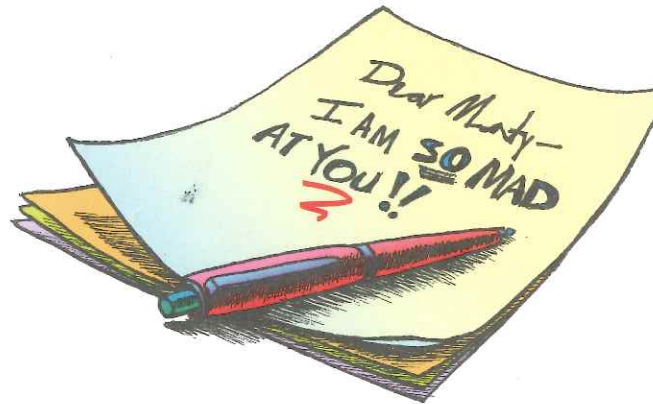
- ✓ What happened? What's the best thing you can do now?
 - ✓ Can you talk to the person you're angry with? Talk it over with someone else?
 - Do something to change the situation?



*Afraid you'll lose your temper?
Take time to cool off.*

4. Talk to the person directly (when it's safe).

- ✓ Use "I" statements. Saying, "I am angry because you left a mess in my room," works better than saying, "You're a slob."
- ✓ Be ready to listen to the other person's feelings. He or she may be angry too.
- ✓ If you can talk about the problem, you may be able to find a solution that works for both of you.



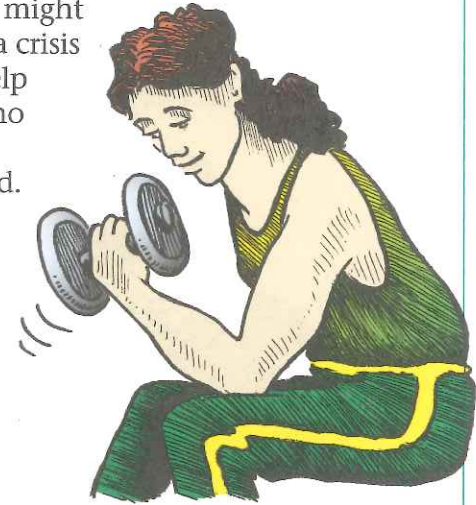
You can express anger by talking about it or writing it down.

5. When you can't express your anger directly...

- ✓ Sometimes talking to the person directly will cause a hurtful or dangerous situation.
- ✓ Or, you may feel angry at something (like racism or not having enough money) rather than at a person.
- ✓ When you can't express it directly, talk about your feelings with a friend. Or, write your feelings down.

6. Take action to feel better.

- ✓ If you still feel angry after expressing your feelings, try a distraction. Exercise, watch a funny movie or go dancing.
- ✓ Or, put your anger to work. A student who has been harassed at school, for example, might work on a crisis line to help others who are being mistreated.



Exercise can help you work out angry feelings.

7. Don't express anger with violence.

- ✓ Control violent reactions (such as wanting to hit someone).
- ✓ Violence won't help. In fact, it will make things worse.
- ✓ You may hurt someone else or yourself.

8. Keep yourself safe.

- ✓ If you are angry with someone because he or she is hurting you, take steps to keep yourself safe.
- ✓ Don't confront a person who may hit or otherwise hurt you.
- ✓ Get help immediately if you are in danger.