



## Anger Mastery Tool Kit

**Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned.**

**~Buddha**

# Mastering Your Anger

## Introduction:

We all know what anger is, and we've all felt it; whether as a fleeting annoyance or as full-fledged rage. Anger is a completely normal, usually healthy, human emotion. But when it gets out of control and turns destructive, it can lead to problems—problems at work, in your personal relationships, and in the overall quality of your life. It can have you think you're at the mercy of an unpredictable and powerful emotion.

The following tool kit is designed to support you begin to understand and manage your anger.

Whether you are at work, at school or at home, follow these **10 STEPS to KEEPING YOUR COOL** and tackle your anger head on!

## Aristotle's challenge:

*“Anyone can become angry, that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way...this is not easy”*

~Aristotle~

## STEPS TO REDUCE STRESS & ANGER.....

### 10 STEPS to KEEPING YOUR COOL

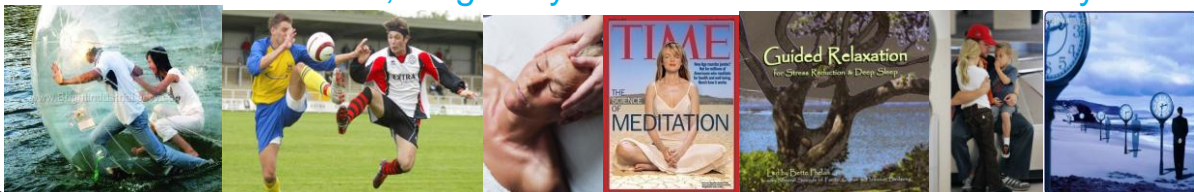
- 1. RAISE YOUR SELF-AWARENESS – notice when you feel angry, frustrated, irritated or annoyed and identify your own personal triggers.**
- 2. UNDERSTAND YOURSELF- recognise why specific situations, circumstances and people are triggers for you.**
- 3. IDENTIFY CHANGES in your attitude/thinking and actions that will give you the results you want- remember it's OK to have a different opinion. Choose behaviours that will create the result you want, then act in line with your result.**
- 4. STOP-THINK AND TAKE A LOOK AT THE BIGGER PICTURE..... Put on the Pause Button!**
- 5. BREATHE-Take control of your own physiology. Learn to sit with your own discomfort-DO NOT to 'act' until you're able to make a helpful choice. If necessary move away from the area of conflict.**
- 6. Deal with the cause-not just the symptoms of stress and anger. Remember to take time for your life and take care of your personal needs.**
- 7. Release historical anger-get appropriate support; specialist help, use therapeutic techniques, give yourself time to let go, have your feelings and to move forward.**
- 8. Identify and meet your needs for connection, support, rest, sleep, warmth, shelter, appreciation, acceptance, understanding, safety, security, self-esteem, freedom, progression, etc.**
- 9. Communicate clearly-Use 'I' Statements. Don't blame, shame or shout. Take ownership of what you feel, what you think, and what you want and need. Be clear about your preferences and your boundaries.**
- 10. Use the 7 Rules of Anger Management**

## CALMING STRATEGIES

Are common sense-but not always common practice.

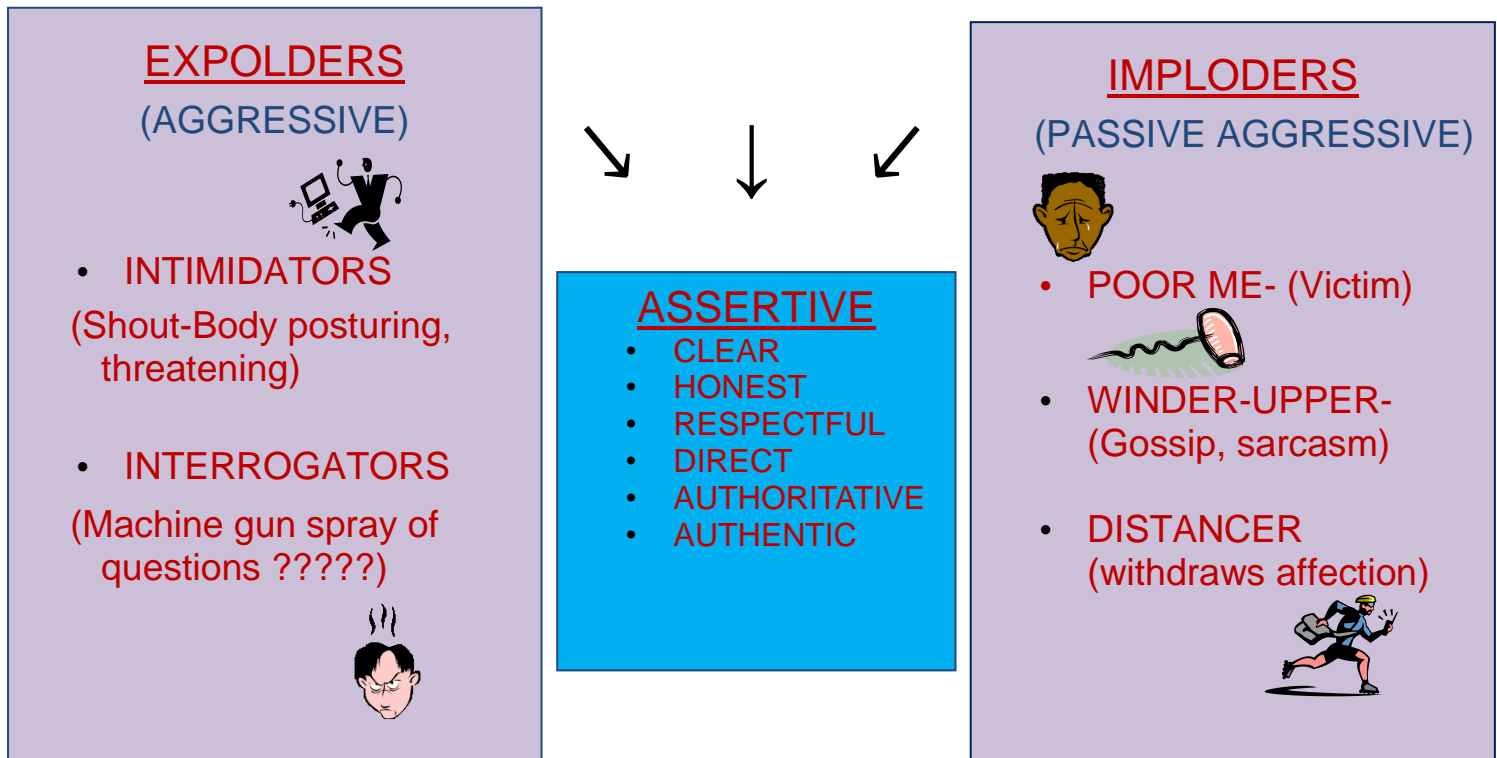


- Breathe deeply, count to 7 on the in breath and 11 on the out breath.
- Remind yourself to **"KEEP YOUR COOL"**.
- Remove yourself from the situation physically and emotionally if possible.
- Go for a walk, ideally in a park or open space.
- Visualise a calm tranquil place, e.g. sea or mountains, for about 2-5 minutes.
- Let go of any expectations you might have. Remember life is unfair!
- Find a quiet space, sit and express your fears and emotions safely.
- Yoga, meditation, swimming and relaxation are good for de-stressing.
- Take up a relaxing hobby, e.g. gardening.
- Relax in a bath whilst listening to chill-out music.
- Listen or dance to music.
- Take action-focus your energy into a positive activity that will move you forward in a helpful way-Clear clutter, dig the garden, help a friend, vacuum the house, mop a floor and gain release.
- Call a friend, share your feelings and frustrations, but keep solution focused.
- Find time for FUN, laugh at yourself. Don't take it too seriously.



# ANGER STYLES

Every time you feel angry it is a gift, a signal to pay attention to, rather than go into the automatic reactions and behaviours that get you results you don't want in your relationships and in your life.



*Do you recognise yourself here? Do you recognise other people here?*

In the heat of the moment it is easy to lose sight of your choices, recognising your anger style is a first step in regaining control of your actions and, therefore, your results. The ideal response is to be assertive.

**Life Mastery Training & Development** delivers powerful, life changing development training for individuals, groups, businesses and organisations.

Anger & Stress Mastery is only one area, we also deliver; Leadership Training, Coaching Workshops, Customer Service Training, Personal Effectiveness Programmes & Personal / Corporate Coaching.

Here's what some of our participants have said about our workshops and training:

*“Graham’s enthusiasm for the subject translated well, enabling me to feel more comfortable about this new training concept.”*

*“A short course – A kind of journey or pilgrimage from start to finish. Much more direction in my life and so see the way ahead to growing more and succeeding and building more on that success. Thank you.”*

*“It has brought out things about me that was hidden for a long time. I’m more confident, motivated and able to deal with any problems that may occur in the future. A very worthwhile experience. Lovely group of people. Fab facilitator. Interesting/thought provoking. Thank you.*

*“This course has helped me prepare for the future, it has increased my self awareness and the ability to make changes, it has enabled me to take responsibility for my mistakes and to take a step forward. I have found my identity and self-worth.”*

*“Graham is one of the most interesting trainers I have encountered in the last 30, or so, courses I have attended in the last 4 years. He kept my interest throughout – which is a massive challenge!!! I wish I could train as good!!!”*

*For more information click:*

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