

MANAGE YOUR ANGER

PROVE YOU ARE STRONG
STAY CALM



Common features of a woman's anger:

Sarcasm, Vindictive,
Argumentative, Screaming,
Focused on past details,
Difficult to stop



Common features of a man's anger:

Loud, Aggressive,
Explosive, Critical, Focused on
the present moment, Short-lived



3-STEPS TO ANGER CONTROL

1

BE RESPONSIBLE

Take 100% responsibility for how you behave. Getting angry or staying calm is **YOUR** choice.

2

BE AWARE

Know the signals of growing anger:

- Feeling trapped
- Mind racing
- Tight muscles
- Negative thoughts
- and more

3

TAKE ACTION

- Go for a walk
- Call a friend
- Read a book or watch a movie
- Don't talk
- and more