

WHEN YOU'RE ANGRY . . .

DO . . .

- accept anger as a natural emotion.
- learn the best times to express and control your anger.
- find appropriate ways in which to control your anger if you so choose. Talk to a mature friend or write in your journal.
- express anger instead of keeping it in. You don't have to show your temper immediately, but to lock it away for a long period of time is unhealthy.
- own your anger. Say, "I'm angry with you," not "You make me angry."

DON'T . . .

- resort to name-calling when you're mad. Deal with issues and not insults.

- take vengeance on someone that you are angry with. Revenge and anger at injustice are not the same. If you cannot address the person(s) whom you want to confront, it's helpful to discuss your anger with a sympathetic friend.
- feel guilty when you're mad. Anger may be a scary emotion at times, but it's usually a natural reaction to unfair situations.
- think that you have to deal with your anger at the moment you become angry. Though you may choose to do so, you may feel so irate that the situation would only worsen if you bit someone's head off.
- ignore chronic anger. If feelings of resentment and bitterness are persistent, seek professional counseling.

Dealing With Anger

Anger is a normal, healthy emotion. If you don't get angry, you're not alive. There's no need to feel guilty or embarrassed about anger; you can't decide whether or not to be angry.

But once the anger is there, you can decide what to do about it. The Bible says, "Don't let the sun go down while you're still angry" (Ephesians 4:26). Anger can be controlled.

Some people think that venting anger gets rid of it. But "blowing up"—angrily ranting and raving—only produces more anger.

Another way some people handle anger is to "bottle it up." They train

themselves to hide anger. But the anger just simmers inside of them and makes them sad and depressed.

A positive way to deal with anger is to "step up to it":

- **Step 1**—Announce that you're angry, but don't try to explain your anger. That only makes things worse.

- **Step 2**—Tell the person you're angry with that you won't take out your anger on him or her.

- **Step 3**—Ask to talk with that person. Make sure you cool down first so you'll be able to talk about the problem.

think about how you would handle each of the following situations. If you are in a class or group, you may wish to role play or act out these situations:

- A. You need to tell your father/mother/boyfriend/girlfriend/husband/wife that you have put a big dent in his or her car.
- B. You need to tell your waiter or waitress that your steak is not prepared as you had requested it.
- C. You need to tell a teacher that you feel you are being treated unfairly.
- D. You need to tell an employer that you believe a policy is unfair.
- E. You need to confront a close friend who keeps making slams on members of another race.
- F. You need to tell your minister that a lot of people are unhappy with the way in which he or she is preaching.
- G. You need to get a mechanic to correct a previous error in servicing your car.