

and manage your anger. What follows is a list of general coping thoughts that you can use as self-instructions whenever you find your anger escalating.

## General Coping Thoughts List

- Take a deep breath and relax.
- Getting upset won't help.
- Just as long as I keep my cool, I'm in control.
- Easy does it—there's nothing to be gained in getting mad.
- I'm not going to let him/her get to me.
- I can't change him/her with anger; I'll just upset myself.
- I can find a way to say what I want to without anger.
- Stay calm—no sarcasm, no attacks.
- I can stay calm and relaxed.
- Relax and let go. There's no need to get my knickers in a twist.
- No one is right, no one is wrong. We just have different needs.
- Stay cool, make no judgments.
- No matter what is said, I know I'm a good person.
- I'll stay rational—anger won't solve anything.
- Let them look all foolish and upset. I can stay cool and calm.
- His/her opinion isn't important. I won't be pushed into losing my cool.
- Bottom line, I'm in control. I'm out of here rather than say or do something dumb.
- Take a time-out. Cool off, then come back and deal with it.
- Some situations don't have good solutions. Looks like this is one of them. No use getting all bent out of shape about it.
- It's just a hassle. Nothing more, nothing less. I can cope with hassles.
- Break it down. Anger often comes from lumping things together.
- Good. I'm getting better at this anger management stuff.
- I got angry, but kept the lid on saying dumb things. That's progress.
- It's just not worth it to get so angry.
- Anger means it's time to relax and cope.
- I can manage this; I'm in control.
- If they want me to get angry, I'm going to disappoint them.
- I can't expect people to act the way I want them to.
- I don't have to take this so seriously.