

6 Steps to Solving Anger Problems

- 1. Get yourself ready for a talk.**
You want to be calm.
- 2. Say what the problem is.**
Say this in a firm but respectful way.
- 3. Listen to the other person.**
Nod; don't interrupt. Repeat back what you think the person means. Ask questions if you don't understand.
- 4. Explain how you feel.**
Use I-messages to do this.
- 5. Talk about ideas for solving the problem.** Try to think of lots of good ideas.
- 6. Choose an idea to try.**
Also set a time to see how it's going.