



**Frustration
of our goals**



Hurt

Anger Management

James 1:19, 20 – Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath; For the wrath of a man worketh not the righteousness of God.

Anger Management is the process of learning how to “calm down” and diffuse the negative emotion of anger before it gets to a destructive level

Redford Williams 12 Steps Approach

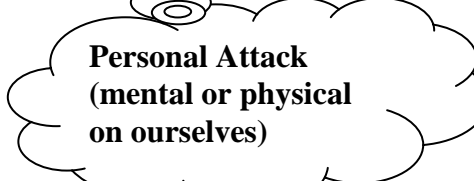
- 1) Maintain a “hostility log” – what triggers your anger
- 2) If you do, acknowledge that you have a problem managing anger – you can not change what you do not acknowledge
- 3) Use your support network – Let the important people know the changes you are trying to make (i.e., parents, counselors, Royal Ambassadors, etc.)
- 4) Anger Management Techniques To Interrupt The Anger Cycle
 - Pause
 - Take Deep Breaths
 - Tell Yourself You Can Handle The Situation
 - Stop The Negative Thoughts
- 5) Use empathy – Try to see situations from other person’s perspective
- 6) Laugh at yourself – Learn to laugh at yourself and not take everything so seriously
- 7) Relax – If you learn to calm down you will realize that there is no need to get uptight
- 8) Build trust – If you can build trust in people you will be less likely to become angry with them
- 9) Listen – The better you listen to what a person is saying the better able you will be to find a resolution that does not involve an anger response
- 10) Be assertive – Learn to communicate calmly your expectations, boundaries, issues, and so on
- 11) Live each day as if it is your last – If you spend all your time getting angry, you will miss out on the many joys and surprises that life has to offer
- 12) Forgive – The only way to move past your anger is to let go of these feelings and start fresh



Harassment



**Threats To People
or Ideals that We
Hold Dear**



**Personal Attack
(mental or physical
on ourselves)**