

## *Defeating Temper Problems*



**Solution  
Based  
Casework**

### **Ideas that helped others prevent problems with temper:**

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1. Pray, practice meditation, take a yoga class; work to lower your stress level.
2. Write your thoughts in a journal each day and share them later with a counselor or friend (don't just sweep them under the rug.)
3. Set up a daily routine that establishes regular sleeping times, eating times, and special times just for you (especially if fatigue is high risk for you.)
4. Join a class or support group of people who are working to defeat anger.
5. Study how you learned your temper; begin to see how you can "unlearn" it.
6. Keep away from negative people and move closer to people you want to be like (it may start to rub off!)

### **Ideas that helped others interrupt problems with temper:**

1. Practice catching yourself when you start to dwell on negative situations and feel sorry for yourself.
2. If you do catch yourself, shake off those thoughts and laugh at how "special" you are making yourself.
3. Speak a catch phrase to yourself that reminds you of your pattern, such as "Like you're the only one who has any problems," or "Oh...Mr. Tough-guy got his feelings hurt!"
4. Lower your voice; notice that you are lowering your voice; lower it more.
5. Immediately apologize for the tone in your voice, or your silence, or critical words, and then take a "calm break" until you are yourself again.
6. Interrupt what you are doing with some action that always makes you feel better, like taking a bath, going for a walk, or calling a friend.

### **Ideas that helped others escape problems with temper:**

1. Leave the situation, don't think, just leave. Keep the worse from happening.
2. Make sure your children are safe until you calm down.
3. Call a sponsor/counselor and talk about how the situation built up. Get them to help you figure out a better way to catch anger early.
4. Take time to de-brief the "setback", a lot of good ideas to improve your plan can come from figuring out the details of what happened.
5. When you start to come around, use one of your strategies that help you interrupt the negative and refocus on the positive.
6. After it is over, find something you did that shows improved control; then go to work on the next step in learning to defeat anger.