

Managing Your Temper



Solution
Based
Casework

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1. The first step is to recognize that your “temper problem” is probably your biggest problem, the one that makes everything else worse.
2. Once you have identified your temper as the problem, find someone to talk to about facing up to this problem.
3. People who are successful in controlling anger say it is useful to identify the situations they are most likely to lose their temper.
4. It is always helpful to work with experts in identifying these situations, seek counseling or a class to help you with this step.
5. Once you have figured out when you are “at risk” for your temper, try to notice what is happening inside of you right as your temper starts to rise. These are Early Warnings Signals.
6. If you have identified your personal early warning signals, you need to congratulate yourself because you are well on your way to avoiding or at least limiting the effects of your temper.
7. Research has found that people who have been successful in controlling their temper have a way to catch the feeling early and take a quick action to avoid it getting any worse.
8. The next step is to find out what quick action works best for you to prevent, interrupt, or if necessary, escape an anger episode. See if the Idea Sheet on Defeating Temper Problems can help you.
9. Finding out what works best for you always takes practice! Try to notice small signs or indicators that you are changing. Maybe you are starting to catch it earlier or you are walking away from potential risk situations. Tell someone about that change.
10. Finally, CELEBRATE the courage of each small step; they add up to one big journey!