

How to Manage Your Anger



Stop

Stop what you're doing and saying.

Tell what they're saying and feeling.

Observe what you're feeling and thinking and why it matters to you.

Pray for guidance, love and reconciliation.



Drop

Drop what's in your hand and your "point".

Release your breath and any tension.

Open your heart; let out soft feelings.

Position yourself alongside as teammates on the same side against the problem.



If you or your family (or the Court) are ready for you to learn a new way to deal with your angry feelings, then call Dr. Ray at (509) 466-6632.

Cop

Cop present: pretend Jesus Christ or a police officer is there with you.

Options planning: What are your alternatives for the next positive step?

Pick another way: What will you try next? After that? What is best for all concerned?



Dr. Ray Wm. Smith
A Brief Counseling Center
9507 N. Division, Suite A,
Spokane, WA 99218
(509) 466-6632
www.DrRaySmith.com