***There is nothing that we do or say that isn’t thought about.*** *In order to change our behaviour we need to* ***change our thoughts and beliefs*** *and a way to do this is by what we call* ***Positive Self Talk****.*

*The statements below are suggestions of* ***what you can say to yourself*** *during various stages of the Anger Curve – if you consciously* ***focus on the statements below*** *when you are angry, you may be able prevent your usual reactions to triggering situations and respond calmly.*

**Anger Management**

**Through Positive Self-Talk**

**THE RECOVERY**

* “Forget about it now, think about it later”
* “Dwelling on it only makes me more upset and angry”
* “Leave it until later – it will look different then”

**THE TRIGGER**

* “This is going to upset me – I’ve recognised it”
* “I’ll stick to the issues”
* “I know I can deal with this”
* “I need to take a few deep breaths and remain calm”

**THE CRISIS**

* “I know I’m mad, but I can’t lose it”
* “I can stop now. I’ve already gone too far, I need to back off”
* “Stay as calm as I can”

**THE ESCALATOR**

* “I’m beginning to feel tense – my body is telling me I’m wound up”
* “I need to take deep breaths, and try to relax”
* “I can’t always expect people to act the way I want them to”
* “Take it easy. I don’t have to lose my temper, I can deal with it another way”

**RETURN TO BASE**

* “What can I do differently next time so that I don’t lose my temper”
* “What have been the consequences of my actions”
* “If I carry on working at it, I will learn to control my temper”