

## Practicing Anger Management

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You may want to keep this information to use when your anger is building. Use the basic techniques outlined above to create and practice new coping methods. Stop anger early by:

1. Calming your emotions.
2. Looking at the situation from a different viewpoint (maybe asking someone you trust to help you look at it differently).
3. Choosing the best action to take.

Plan on reviewing with someone how this technique works for you. Do not worry if it does not work perfectly the first time. Like any skill, managing your anger is a skill that improves over time with practice.

**Remember, practice makes better, not perfect!**