



## **Anger Coping Statements**

Here are some general coping thoughts for dealing with anger:

- Take a deep breath and relax.
- Getting upset won't help.
- Just as long as I keep my cool, I'm in control.
- Easy does it - there's nothing to be gained by getting mad.
- I'm not going to let them get to me.
- I can't change them with anger; I'll just upset myself.
- I can find a way to say what I want to without anger.
- Stay calm - no sarcasm, no attacks.
- I can stay calm and relaxed.
- Stay cool, make no judgments.
- No matter what is said, I know I'm a good person.
- I'll stay rational - anger won't solve anything.
- Their opinion isn't important - I won't be pushed into losing my cool.
- It's just not worth it to get so angry.
- This is funny if you look at it that way.
- Anger means it's time to relax and cope.
- Maybe they want me to get angry. I'm going to disappoint them.
- I can't expect people to act the way I want them to.
- Stay cool; take it easy
- I can manage this; I'm in control.
- I don't have to take this so seriously.
- I have a plan to relax and cope.