

## **Anger management**

How can one defuse immediate anger?

You can try and make more use of the "Instant Anger Relief Internal Technique," which helps the angry person stay calm and reduces negative words and actions due to anger. The four key points of the "Instant Anger Relief Internal Technique" are:

1. Three "Don'ts" in mind

The three "Don'ts" principles mean that when venting emotions, one should not harm others, not harm oneself, and not damage (to the environment, objects, and rules & laws).

2. Leave the "Volcano of Anger"

Temporarily leave the person or thing that triggers anger, combine deep breathing or washing your face to clear your mind, but pay attention to the attitude and skills of speaking before leaving. You can also temporarily divert your thoughts from the troubled emotions, such as listening to music or exercising.

3. Talk to yourself

Through soothing emotional talk and beliefs, we can remind the person involved to stay calm and strengthen one's confidence in dealing with anger, such as thinking or saying to oneself: "Although I am angry, I can still control my emotions" and "I can calm myself down."

4. A sudden change of mind

Each event can lead to different thoughts and emotions. Based on the ABC theory learnt in the "Emotions" topic of the Form 1 curriculum, whether an event would make people angry depends on their thoughts. If one can see from others' perspective and in a positive way, such as realising the consequences might not be as bad as we imagine (the severity of the consequences) or others' intentions might not be what we think (others' motives). These will naturally change our emotions for the better.

A reminder for you:

- ✧ Anger is a natural emotion, the key lies in whether the venting and handling methods are correct.
- ✧ If you are a bystander and see someone else being angry, do not "add fuel to the fire" by making agreeing or provocative remarks. You should not stand idly by either, as this may indirectly encourage the angry person. Remind yourself and the angry person to stay calm, and when necessary, pull the angry person away to prevent the conflict from escalating.