

## **William's 12 strategies**

Anger is a perfectly normal emotion. It's so powerful that it can move people to do great things.

But misplaced or frequent anger can destroy your relationships, limit your creativity and even damage your health.

There are lots of potentially anger inducing situations at work, from the frustration of your computer not working properly to the bitterness of losing your job.

So how do you manage anger?

This is where « doctors Redford and Virginia Williams 12 strategies for controlling aggression » are very useful.

When you have these strategies in your toolbox, you can lessen your chances of getting angry and manage your emotions when you do.

So let's look at how you can control anger more effectively.

Sometimes the hardest step is to acknowledge that there is a problem.

But it's important to do so as this helps to strengthen your intention to better manage your anger.

Next, download our hostility log worksheet and use it to identify what makes you angry.

It's also a good idea to let the important people in your life know that you're trying to change your behavior and ask them for their support.

So whenever you find yourself getting angry, interrupt the moment by thinking stop.

Focus on the facts of the situation or force yourself to picture something calm and enjoyable.

Then use empathy to see the situation from the other person perspective.

And you can even learn to laugh at yourself to defuse the tension.

Help prevent yourself getting angry in the first place by relaxing.

Habits like exercising regularly and getting enough sleep keep us centered and more able to deal with difficult situations.

Anger is also less likely to flare if you're true to your word : listen effectively to your co-workers and set your boundaries clearly.

This way you'll avoid irritating misunderstandings and prove that you can be trusted.

Finally, modify your thoughts and beliefs about what's really important to you.

For example, if you live each day as if it's your last, you're unlikely to allow anger to steal your and others happiness.

Similarly, don't hold on to resentment. Instead, forgive and forget.

The long term benefits of simply choosing not to get angry are : excellent working relationships, good decision making and a healthier life.

For more information on Williams strategies and for a link to our self test on anger management, see the article that accompanies this video.

**William's 12 strategies :**

**Acknowledge the Problem**

**Monitor the Triggers**

**Use Your Support Network**

**Interrupt the Anger Cycle**

**Use Empathy**

**See the Humor**

**Relax**

**Build Trust**

**Listen Effectively**

**Be Assertive**

**Live Each Day as if Your Last**

**Forgive and Forget**