# FACING INTENSE ANGER

Practical ways to recognise it, interrupt the pattern and respond differently

## FACE IT. PAUSE. CHOOSE YOUR RESPONSE.

You can take responsibility for your anger without being defined by it.

**Intense anger can happen to anyone. The important thing is what we do with it.**
When it keeps repeating, it can drain you and put distance between you and other people.

### ADMIT THAT IT'S HAPPENING

Start by being honest with yourself: “I get bouts of intense anger towards someone, or about something.” Naming the pattern is not weakness. It is the first step towards changing it.

### CREATE SPACE BEFORE YOU REACT

When anger rises, stop the conversation if you can. Step away, slow your breathing and give yourself time to settle. Don't send the message, make the call or try to win the argument while you're fired up.

### NOTICE WHAT SETS IT OFF

Look for the people, situations or thoughts that tend to spark your anger. Is it feeling disrespected, ignored, let down, treated unfairly or out of control? Notice patterns without excusing your behaviour.

### RETURN TO THE REAL ISSUE

When you’re calmer, ask what needs to be said or changed. Explain what affected you without threats, insults or blame. Listen too. A strong response is one you can stand by afterwards.

### RECOGNISE YOUR EARLY SIGNS

Anger often shows up in the body before it bursts out: a tight jaw, hot face, clenched fists, faster breathing or a raised voice. Learn your warning signs and take them seriously.

### GET SUPPORT IF IT KEEPS HAPPENING

If intense anger is frequent, feels hard to control or is harming relationships, talk with a counsellor, GP or trusted professional. You don't have to work it out alone. If someone may be in danger, create distance and seek urgent help.

### ANGER IS A SIGNAL — NOT A FREE PASS

Your feelings may have a reason. You are still responsible for how you treat other people.

### WHEN ANGER FOLLOWS YOU INTO THE NIGHT

Anger can make it hard to sleep. You may find yourself replaying conversations, arguing in your head or getting caught in intense thought loops. If you can’t settle, get out of bed for a short while. Try a brief burst of higher-intensity movement, such as push-ups, squats or tricep dips, at a level that feels safe for you. Then switch to a calming activity and give your mind and body time to wind down before returning to bed.

### MAKE IT REAL THIS WEEK

Think of a recent moment when anger took hold. Write down what happened, what you noticed in your body, and one thing you could try next time before reacting. If anger keeps you awake, try a short reset rather than lying there fighting your thoughts.

### A THOUGHT TO TAKE WITH YOU

*“The greatest remedy for anger is delay.”*

*Seneca, On Anger, Book 2, 29*

### A LIGHTER THOUGHT

You don't have to have the last word. Sometimes the best word is the one you don't say.

A little space can save a lot of explaining.