

Steps for Responding to Anger

You can make one of two choices: Step back and think from the frontal cortex or step forward and react from the brain stem and limbic system. To step back, do the following:

1. Focus on your body.
2. Notice anger in your body.
3. Step back from the person.
4. Breathe. Focus on your feet.
5. Say: “I’m too angry to talk now. I will talk later when I’m calmer.”
6. Walk away.
7. Do one of the six activities for calming the brain and body.
8. If it feels safe, talk with the person later to resolve the conflict.