



HEALTHYRELATIONSHIPS



TIPS FOR EXPRESSING ANGER WITHIN A RELATIONSHIP

We all feel angry at different points, and it is okay to feel this way. Anger describes a range of emotions from impatience to irritation to frustration and even rage. While we may feel angry, using violence and/or abusive language are never acceptable ways of expressing or coping with anger.

What can you do?

- 1. Take time. Breathe. Count.**
- 2. Take physical space from your partner. Go in another room or for a walk.**
- 3. Use this time to talk yourself down from hostile thoughts, feelings and urges.**
- 4. Don't blame others for the fact that you are feeling angry. Take full responsibility for your own thoughts, feelings and urges.**
- 5. Reflect on your feelings. Hurt, shame, fear, loneliness and vulnerability often hide beneath anger.**
- 6. Consider the consequences, to you and your partner, for your choice of words and actions. Think about the possible unintended consequences too.**
- 7. Calmly talk with your partner. Be specific and talk about the 'real' problem.**
- 8. Avoid the tug of war – your way/their way. Instead give them space to process what you have said and to explain what they are feeling.**
- 9. Be fair and thoughtful with your words.**
- 10. Take care of yourself. Recognize that you may need time to process these feelings.**

Content inspired by Elaine S. Stoll, BA RTC

