

RETHINK

Recognize.

Empathize.

Think.

Hear.

Integrate.

Notice.

Keep.

1. **RECOGNIZE** when you are angry.
2. **EMPATHIZE** with the other person's feelings.
3. **THINK** about the situation differently.
4. **HEAR** what the other person is saying.
5. **INTEGRATE** respect and love with what you say.
6. **NOTICE** your body's reactions when you are angry.
7. **KEEP** your attention on the present, not past problems.

Helping Adults Manage Their Angry Feelings...

Did you know??? If adults discipline children when they are angry, they are more likely to do something emotionally or physically harmful to the child.

An anger management strategy: The RETHINK model

Recognize what makes you angry... how does your body let you know you are angry? Recognize when anger is a substitute for other emotions.

Empathize with others...See their point of view, step into their shoes.

Think about the situation differently. Anger results from how we interpret what someone else says or does. Think about the other person's motive; don't feed into it.

Hear what the other person is saying. Repeat what you are hearing. Why did they do what they did? Look into their eyes and hear what his or her actions are really saying. Let the person know you want to listen to what they have to say.

Integrate respect and love with what you say. "I messages" tell someone how you feel without placing blame. (I feel angry when you call me names because it is disrespectful).

Notice your body's reactions when you are angry. Increased heart rate, faster breathing, headaches? Learn how to calm yourself.

Keep your attention on the present, not past problems. Maintain focus on present problems and solutions. Don't bring up old grudges and wounds.

*Adapted from Act Against Violence