

Freedom Thoughts

Anger

These Freedom Thoughts, statements, and insights are offered as *suggestions* for you to consider. Please feel free to ignore any that don't apply. It can be helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

Feel free to check out the FCM's website to meet our team.

<https://www.freedomcounselingministries.co.nz/>

- When someone overreacts, it can mean they are in *fight-or-flight* mode.
- These powerful feelings need to settle before we can move toward solutions.
- Anger can be the “superpower” we reach for when we feel frightened.
- No one enjoys criticism - it is painful and humbling to receive. People would rather be ruined by praise than saved by criticism.
- What do I get out of pressing the button?
- It is okay to not always get what I want.
- I can give someone empathy until they learn to give it to themselves.
- I cannot let things build up until I am about to explode.
- Am I trying to gain victory over the other person?
- I will reap the consequences of my choices.
- Instead of “blowing up,” I can use communication, boundaries, and negotiation skills.
- I can think about what I am going to say before I speak.
- Vulnerability is the antidote to shame.
- Empathy means I will spend less time managing the angry me.
- There are many ways to comfort my distress.
- When I learn to comfort myself, I will become “okay.”
- I can learn self-soothing tools.
- I can walk away until I am calmer.