

FREEDOM THOUGHTS: ANGER

These Freedom Thoughts are designed as suggestions for you to consider. Please feel free to ignore any that you feel do not apply. It is helpful to highlight the ones that stand out to you and read them regularly until they become your new thoughts of freedom.

- When someone over-reacts, it can mean they are in fight or flight mode.
- These powerful feelings need to resolve before we can move to the solutions.
- Anger can be the super-power we reach for when 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 on 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 individual?
- 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.