

Anger & Self-Talk



Unfortunately, our self-talk is often negative, whether it is about ourselves, other people, or situations we're in.

Our harsh inner dialogue can escalate our anger, but positive self-talk can cool us down! See the following example:

-Scenario: James is writing a paper, and he's getting flustered because he's not a good writer

-Negative self-talk: "I can't do this! I'm no good. I'm about to explode!"

-Positive self-talk: "Breathe- you got this! Take your time & you'll be fine. Take a break if you need to"

Examples of Positive Self-Talk (for anger)

"I can handle this"

"I'm going to let this go. It's not worth it"

"I'm in control"

"It's okay to make mistakes"

"Breathe & relax"

"Keep calm & carry on"

"It's okay that I'm feeling angry. It's how I handle it that counts"

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