

Stop recalling anger experiences

Here are some ways to help us stop recalling the images that make us angry in times of anger

Do something else to divert your attention

For example, talking to someone, or doing something simple and fun



Focus on the present moment

Remind yourself to focus on the present moment when your mind wanders to previous anger experiences



Be a spectator

Imagine yourself as a spectator, observing detachedly your anger thoughts emerge from one side and then drift away to the other side



Transform anger

Anger is often a signal to tell you there are unfulfilled desires deep in your heart

Learn more about the sources of your anger to make appropriate changes

