

Anger Management Cheat Sheet



Anger is information, not a character flaw - it shows up because something matters. This page is the manual: cool the flare fast, shrink the next one, and repair well when one gets past you.

1 PRINT THIS PAGE

2 PUT IT WHERE TEMPERS RUN HOT

3 REHEARSE ZONE 1 WHILE CALM

ZONE 1 Cool it down now

IN THE MOMENT · WORK DOWN THE LIST

1

Notice the body signs early

Heat in the face, tight jaw, curled fists, a voice getting louder. Catch it at a 4, not a 9 - the earlier you notice, the more choices you still have.

2

Stop talking - mid-sentence is allowed

Past a certain temperature, nothing comes out the way you mean it. Going quiet is not losing the argument. It is refusing to say the thing you'd spend a week repairing.

3

Use the exit script

"I want to have this conversation, and I need ten minutes first." Naming a return time makes it a pause, not a door slam - and it protects the conversation.

4

Exhale longer than you inhale

In through the nose for 4, out slowly for 7 or 8, five rounds. Then run cold water over your wrists. Both press the body's brake pedal, and the thinking comes back online.



5

Move - anger is fuel that wants burning

Adrenaline doesn't argue, it metabolizes. A fast walk around the block, stairs, wall push-ups. Burn it off out there so you don't carry it back into the room.



ZONE 2 Keep it down

BETWEEN FLARE-UPS

FIREPROOFING

Know your kindling

Anger rarely starts from zero. Certain conditions lower your flash point long before anyone says a word. Handle the kindling and fewer sparks catch.

HUNGER

HEAT

POOR SLEEP

DEADLINES

REPLAYING IT

LOOK UNDERNEATH

The anger iceberg

Anger often rides on top of something softer - hurt, fear, or embarrassment. Name what's under it and the anger has less work to do.



FIND THE PATTERN

Log it for a week

After each flare, jot three things: the time, the trigger, and the first body sign. Most people discover two or three repeat scripts, not fifty. A pattern you can see is a pattern you can plan for - starting with the kindling next door.

ZONE 3 Repair

AFTER IT GOT PAST YOU

The no-excuses repair script

- Name what you did**, specifically. "I raised my voice" lands. "I'm sorry you got upset" does not - it hands the problem back to them.
- Skip the "but."** Everything after a "but" argues that you were right, and it deletes the apology in front of it. Your reasons can wait for a calmer talk.
- Say what you'll do differently** next time. That's the part that rebuilds trust - it turns a bad moment into a plan.

SOUNDS LIKE

"I raised my voice and cut you off, and that wasn't okay. Next time I feel that heat, I'll ask for ten minutes instead of pushing through."

Repair is a skill, not a humiliation. Done plainly, it usually takes under thirty seconds - and it's what people remember.