10 Tips for Reducing Anger

The following is a partial distillation of ideas my colleague and I have more fully exposed in The Anger Fallacy. They're in no special order, except perhaps in as much as the first should probably come first.



- [ ] 1. Understand that anger is a problem
- [ ] 2. Monitor your anger
- [ ] 3. Feel the anger and DON'T do it anyway
- [ ] 4. Watch yourself angry: the Federer cure
- [ ] 5. Look after yourself
- [ ] 6. Understand the ultimate source of your anger: SHOULDING
- [ ] 7. Become less judgmental
- [ ] 8. Think like a scientist, not a lawyer
- [ ] 9. Empathise
- [ ] 10. Get your facts straight

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