

# 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