

I was angry...now what?

When you are feeling calmer after feeling angry, here are a few questions to ask yourself:



Think - is this **your** problem or **someone** else's problem? If it's theirs, tell them so in a calm voice and try to talk about it. Or, if something you are doing is problem for someone else, see if you can work out a solution.



Is this a **minor** or a **major** drama?

Minor drama =It is not really worth worrying about, forget it.

Major drama =It is a really big problem, ask yourself some questions.



Can you deal with it yourself?



Do you need some help looking for ways to deal with the problem?



After you have thought about these things, sort things out with the person by sitting down and talking with him/her.