

9 ways

TO DEAL WITH ANGER AND FRUSTRATION

1

Understand your anger.

2

Pay attention to how your angry thoughts are phrased.

3

Communicate and ask questions.

4

Talk to someone.

5

Call a time-out.

6

Check it out.

7

Make positive statements.

8

Be prepared with a memorized response.

9

What to Do Instead of Getting Angry



Dealing With Frustration

D Keegan



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