

Cooling Down Anger

A quick plan for the moment anger spikes, and what to do once the heat passes. Educational overview.

Anger is a normal signal that something matters or feels unfair. Having it is not a problem. The aim is to feel it without letting a heated moment make choices you would regret. Anger has a physical peak that fades if you give it a little time.

When anger spikes

- Notice the early signs: heat, a tight jaw, a louder voice, the urge to win.
- Pause before you speak or send. Even ten slow seconds lowers the odds of harm.
- Cool the body: slow breaths, a short walk, or cold water on your wrists or face.
- Step away if you can, and say when you will come back to it.
- Trade "you always" for "I feel," and ask for the one change you actually want.

Once the heat passes

Look at what the anger was protecting. What need or value was underneath it? If you crossed a line, repair it. A clear, specific apology goes a long way.

If anger often turns into harm to yourself, other people, or property, that is worth support. A clinician can help you find what is driving it.

Learn more: [Anger at shrinkdaily.com/concept/anger](https://shrinkdaily.com/concept/anger)

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