

# How to Manage Your Anger



## Stop

**S**top what you're doing and saying.

**T**ell what they're saying and feeling.

**O**bserve what you're feeling and thinking and why it matters to you.

**P**ray for guidance, love and reconciliation.



## Drop

**D**rop what's in your hand and your "point".

**R**elease your breath and any tension.

**O**pen your heart; let out soft feelings.

**P**osition yourself alongside as teammates on the same side against the problem.



If you or your family (or the Court) are ready for you to learn a new way to deal with your angry feelings, then call Dr. Ray at (509) 466-6632.

## Cop

**C**op present: pretend Jesus Christ or a police officer is there with you.

**O**ptions planning: What are your alternatives for the next positive step?

**P**ick another way: What will you try next? After that? What is best for all concerned?



Dr. Ray Wm. Smith  
A Brief Counseling Center  
9507 N. Division, Suite A,  
Spokane, WA 99218  
(509) 466-6632  
[www.DrRaySmith.com](http://www.DrRaySmith.com)