

THINGS TO DO INSTEAD OF HITTING

Taken from: Self Esteem. A Family Affair

- A. Take time to ask yourself what you want and/or need.
- B. Rip up old newspapers or magazines and throw them about. (Keep a supply handy for this purpose).
- C. Stomp out of the house and walk briskly until your anger dissipates. (Do this only if someone else is in the house so your babies are not left alone).
- D. Punch a bean bag chair.
- E. Say, "I'm going to scream for X number of minutes." Then do it. Make angry sounds but eliminate words that might hurt others.
- F. Open the linen closet door, whip the towels out and throw them across the room. (Don't throw them at anybody).
- G. Or do the same with dirty laundry and eliminate having to fold the clothes again.
- H. Go outside and throw a basketball against the house.
- I. Take a towel and beat on the bathtub with it.
- J. Stomp on cans to crush them for the recycle box.
- K. Count to ten loudly and in an angry voice. (Go to twenty if you need to).
- L. Do an angry dance.
- M. Throw snowballs at a tree.
- N. Whip marshmallows into the sink and yell a karate type yell as you throw.
- O. Take a shower to calm down. Let the water wash the negative feelings away. (An alternative is a hot bath)
- P. Pile up pillows or inflated inner tubes and smash them with a tennis racket using your whole body. Keep knees bent.
- Q. Pound on a mattress.
- R. Kick into pillows piled against a wall.
- S. Blow into a paper bag and then pop the bag.
- T. Play angry notes on a piano.
- U. Pull weeds with vigour saying "I'm so mad!" with each pull.
- V. Throw rocks into a lake or river. (Don't throw at anything).
- W. Take a bucket of water and a big brush. Pretend the water is paint, and paint the car with huge brush strokes.
- X. Give up the anger as inappropriate to the situation.
- Y. Decide to think. Resolve the issues about which you are angry.
- Z. Give yourself a hug.

Write your own ways to express or dissipate anger without hurting another person or yourself.