

Title:

Dealing With An Angry Person

Word Count:

703

Summary:

Everyone is periodically faced with an angry person, and can be challenging to deal with. I'd

Listen - Let the person vent a little, and get their words and feelings out. If you interrupt

Keywords:

self help, self improvement, anger

Article Body:

Everyone is periodically faced with an angry person, and can be challenging to deal with. I'd

Listen - Let the person vent a little, and get their words and feelings out. If you interrupt

Stay Calm - Don't go into anger mode yourself, it just compounds the situation. Just remind yo

Validate - Validate their anger, do not just dismiss their emotions just because you feel it's

Take Responsibility - Don't let you ego assume that you are totally without fault in their ang

Time-Out - If possible, take a time-out, and let the other person cool down. Trying to debate

Agree to Disagree - Sometimes you're not going to ever decide that someone was right or wrong,

Keep Perspective - Keep things in perspective, and ask yourself how important the topic of the

Release the Anger - If you're holding a lot of anger yourself, find a good way to release it.

Avoid Violence - Never use physical violence against another in anger, if you are doing this y

With anyone you spend a lot of time with, you should work together towards ending anger. Make

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