

12 Tips to Lengthen the Fuse for Anger – and Stop the Clock!

1. **Awareness:** Learn to become aware *as early as possible* when you are becoming angry. The earlier you can intervene, the better the chance of defusing!
2. **Name the emotion:** One way to help lengthen that fuse to explosiveness is to say to ourselves inwardly, “*I’m becoming angry*” (This is also helpful for any emotion, positive and negative!)
3. **Breath work:** Now become aware of the breath. Consciously, take deep, slow breaths to help settle the emotion – until it no longer feels necessary.
4. **Action or acceptance?** Now, with a more reasoned state of mind available, consider if any appropriate action is necessary, and if not, can you find acceptance for now?
5. **Alcohol:** The observation of angry or unhappy individuals, of which I have seen more than enough, leads us to see in those who are otherwise poor at expressing themselves, the effects of disinhibition, via alcohol. Now intoxicated, the emotionally dysregulated get to vent – and then later, regret! **If when intoxicated you are angry, there is work to do when sober!**
6. **Control:** Mentioned briefly above, we are all minded towards ‘control’ when our needs are not being met - and we are faced with difficult emotions. *What can you let go of?* Are you angry because of the other person’s behaviour, or your judgement of that behaviour?
7. **Self-esteem:** When I feel great about myself, I rarely consider my needs as not being met. Example: Am I still in receipt of personal trauma such as bullying, now, or in the past?
8. **Stress:** Learning to relax, and invest in YOU, will pay huge dividends in terms of not only how you feel, but how others see you – and are affected by you. You are responsible for your stress levels, but this may have to be explored.
9. **Be more mindful:** I can enjoy much healthier beliefs, perceptions, and understanding about myself – and the world when I’m being mindful. I get to see things, even perceptually negative events and people with fresh eyes and compassion for myself and others. **Go for a mindful walk** to let those negative, explosive thoughts dissipate.
10. **Diet:** Eating and drinking optimally doesn’t just impact positively on the body; it is directly correlated to how we think – and feel! Mood and food! We are more likely to demonstrate intolerance when hungry, too!
11. **Sleep:** It should go without saying that getting a refreshing night’s sleep is becoming a rare thing for so many of us. Yet, we can re-learn sleep-hygiene. Fatigue pre-disposes us to irritability!
12. **Relationships:** If this area of your life needs attentions, do this! Your relationship with others is a reflection of how you are affected by your beliefs, as well as your wellbeing. Are you being understood – and are you understanding your needs and those of your loved ones?



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