

**HOW YOUR LIFE CAN BE DIFFERENT
IF YOU WORK TO CHANGE
THE WAY YOU EXPERIENCE AND EXPRESS YOUR ANGER**

An important part of changing any attitude or behavior that is not helpful to us is to clearly identify the very real benefits that can come if you actually make this change. You have to be able to visualize “a new and different you” if what you do with your anger is actually going to be different. Below are some of the reasons that people have given to help motivate themselves to do the hard work to change this important aspect of themselves. See if they make sense to you and then think about and add some of your own as a way to motivate yourself to do what you need to do to work to change this part of who you have been.

**“WHAT WILL MY LIFE LOOK LIKE AND FEEL LIKE IF I MAKE THE DECISION
TO ACTUALLY CHANGE HOW I EXPERIENCE AND EXPRESS MY ANGER?”**

I will feel better about my self: I will experience more self-esteem, more self-respect, and more self-confidence

I will be closer to other people and have more meaningful relationships

I will feel as if I am a real part of my family

I will feel more authentic and genuine

I will feel calmer and more relaxed more of the time

I will feel more loved, supported, respected, and trusted by others

I will be more loving, supportive, respectful, and trusting of others

I will be less stressed, tense, agitated, and depressed

I will feel less fear and anxiety

I will experience less guilt and remorse about what I have said and done

I will have more self-control

I will be able to accept more personal responsibility for my thoughts, feelings, and actions

I will be able to identify and express more of what I actually think, feel, want, and need

I will be able to handle issues and problems in my life and conflicts with others more effectively when they do arise (as they always will!)

I will be more assertive, open, and honest in my interactions with other people

I will become a more positive person and develop more positive “momentum” in the living of my life

I will be more likely to enjoy my life and my time with other people

I will be more focused on the present rather than the past or the future

I will experience fewer physical symptoms and health problems

I will live a healthier lifestyle and take better care of myself emotionally and physically

I will experience fewer negative consequences and more positive rewards in my life

I will experience a sense of empowerment and a stronger sense of personal power in my day-to-day living

I will be more happy, have more “fun,” and feel more joy and fulfillment in my life

I will be more flexible and more open to people and situations around me

I will be more willing to take initiative and to take more positive risks in my daily life

I will be more accepting of people and situations in my life, more patient with others, and more able to recognize and “let go” of what I can’t control

Others are more likely to be open and honest with me

Others are more likely to trust me and feel safe around me

My children will be more likely to handle their anger and their other emotions more effectively in the present and when they get older because of the healthy example I am setting for them right now

I will be able to more readily maintain my perspective on what is really important in my life

My world will be a more peaceful and happy place and I can actively contribute to the larger world being that sort of place as well