

## **5 Tips for Dealing with Anger**

Tricia Goyer provides **five tips for helping your teen deal with anger:**

1. **Be there for your kids and remember that their anger, most likely, isn't about you.** They might be dealing with low self-esteem, or may have simply had a tough day at school.
2. **Let your teen know the rules and your expectations.** Whether its social media, or a curfew, the clearer you are in communicating rules and expectations, the less your teen will be guessing.
3. **Establish boundaries and set consequences for angry outbursts.** Teens need to occasionally express why they are angry, but it shouldn't be destructive. As Scripture says in Ephesians 4:26, "Be angry and do not sin ... ."
4. **Work with your teen to discover triggers and keep an anger log.** If your teen has a habit of getting angry, keep a written record of when and how he or she is getting upset.
5. **Help your teen identify healthy ways to release their anger.** There are productive ways to release anger, but it's helpful to clearly define them for your teen. It might be having an honest conversation, or letting them have some alone time, so they can process their angry in a way that's beneficial.