Anger Management

How to express your dissatisfaction without losing your head

February 22, 2007 By Kellee Terrell

Staying mad is bad for your health, but “going off” on others can undermine relationships. New York City– based psychotherapist Sola Winley offers these strategies:

Do: Have an open, calm dialogue and be willing to hear your partner out.

Don’t: Punish your partner by withholding affection or sex—it can push you apart and create barriers.

Do: Consider writing down your feelings to help you think before you speak.

Don’t: Automatically attack the issue right away; give yourself time—though not so much that you begin to harbor resentment.

Do: Speak with a professional if you can’t control your temper, which is typically a sign that something deeper is going on. Talking to a counselor can lessen everybody’s stress.

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