

# The Expert Says-Summer 2015

June 2, 2015 By [Kate Ferguson](#)

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Tom G. Stevens, PhD, a psychologist and professor emeritus at California State University, Long Beach, and the author of *You Can Choose to Be Happy: “Rise Above” Anger, Anxiety and Depression*, says that “every moment of anger is one less moment of happiness.”

## **What is the best way to regain control after becoming angry?**

Identify what’s driving your anger. Imagine anger’s consequences, find “win-win” solutions, rethink the situation, distract yourself, or use constructive, vigorous activity until your anger loses steam.

## **How can we defuse the anger inside us when we make a mistake?**

Ask key questions to better see why you made a mistake. Maybe your goals or expectations were unrealistic. View mistakes as opportunities to learn, become stronger and improve your chances of success in the future.

## **What are some simple activities people can do to help reduce anger?**

There is no simple way or activity to get rid of a chronic anger-aggression problem. Rethinking and vigorous exercise are probably the quickest and easiest ways to immediately realize short-term relief from anger.

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