

Some people let their anger out by hitting others, damaging property, saying harmful things to others or even hurting themselves. Expressing anger in these ways often makes matters worse.



To be happy and healthy, it's important to learn to recognize your angry feelings and express them in safe ways. You are in charge of your behavior. You can choose ways to express your feelings that do not hurt anyone or anything.

There are some things you can do to help yourself "get a grip on anger." First, if you feel angry a lot, talk with an adult you trust about your feelings. Who could you talk to?

