

COMMUNICATION & ANGER

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Angry people tend to interpret things personally and jump to irrational conclusions. Improving communication skills reduces misunderstandings that lead to anger.

Tips to Improve Communication Skills

Here are a few tips that you can apply to improve your communication skills.

- **Listening to Others** – Listen to what others are saying rather than speaking first.
- **Not Jumping to Conclusions** – Avoid mind-reading. Give a chance to the other person to put his point-of-view clearly and comprehensively.
- **Not Fighting Back Immediately** – Keep calm and find out what the other person's real feelings are behind his saying what he has said.
- **Expressing Your Real Feelings** – You need to be clear about what is the driving emotion behind your anger. The most common emotions behind anger are fear, shame, guilt, or frustration.



Long-term Beliefs

Sometimes people hold extremely negative views about themselves that they arrive at on their own or have been drilled into them, for example – "**I'm not very smart.**", or "**I'm dull at studies.**"

You need to remind yourself that everyone has lived through unhappy times in their past. **It's best to let go of any negative self-critical analyses.**