

- Know your anger is there for a reason, and it's not something to be ashamed of, or "manage," but rather, a warning sign that something is wrong and needs attention
- Take time to reflect on what might be signaling your attention, and what you can do about it
- Consider what is wrong:
 - Is someone being untruthful, manipulative or exploitative?
 - Is this a pattern you recognize in this person?
 - Is this a "safe" person, based on your experience?
(Safe people are trustworthy and will hear our complaint without erupting in anger and becoming overly defensive)
- Based on your answers, you can decide your next steps:
 - Document the issue to share with someone in authority
 - Confront the person directly
 - Create a boundary
- Examples:
 - Tell the person who's activating the anger you feel uncomfortable, or whatever feeling you're experiencing
 - Tell the person you don't like what you're experiencing, and that if it doesn't stop, you will leave
 - Document what happens, in writing or video or audio recording, and report the issue to someone in authority, for further accountability
 - Limit your interactions with the person in the future