



UNITED TRIBES  
TECHNICAL COLLEGE  
LAND GRANT EXTENSION

# UTTC LAND GRANT EXTENSION

## RETHINK - To Deal with Anger



### The RETHINK Method of Managing Anger

- R - Recognize anger in yourself and others
- E - Empathize with the other person
- T - Think about the situation differently
- H - Hear what is being said
- I - Respect and love when expressing anger
- N - Notice your body's reaction to anger
- K - Keep attention on the present problem

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### Anger has three components.

One is the ways our body reacts to anger — the physiological component. Another is the thoughts we have when we are angry — the cognitive component. And a third part of anger is what we do or want to do when we are angry — the behavioral component.

### Use this EXAMPLE for discussion.

BODY/ PHYSIOLOGICAL RESPONSE	THOUGHTS/ COGNITIVE RESPONSE	ACTIONS/ BEHAVIORAL RESPONSE
I get flushed when I see mold in the basement.	It isn't fair. I can't have anything nice.	I yell at my children or anyone that is near.

### Complete this grid for a couple of life situations that recently that made you angry.

BODY/ PHYSIOLOGICAL RESPONSE	THOUGHTS/ COGNITIVE RESPONSE	ACTIONS/ BEHAVIORAL RESPONSE
1.		
2.		

### What is a better way to manage with the above situations?

BODY/ PHYSIOLOGICAL RESPONSE	THOUGHTS/ COGNITIVE RESPONSE	ACTIONS/ BEHAVIORAL RESPONSE
1.		
2.		