

# WHAT TRIGGERS YOUR ANGER?

Doing things the way you've always done them and expecting different results only leaves you frustrated and angry. Instead, identify your anger triggers and take action to change things for the better.

## What sets you off?

Some of the most common parenting issues that trigger anger are whining, temper tantrums, sibling bickering, and non-cooperation. In addition to triggers, there are "hot spots" in the day when anger more easily rises to the surface. These are typically times when family members are tired, hungry or stressed. These emotions leave us more vulnerable to anger.

## Set a plan

Determine if there are things you can do differently to ward off some of the issues that spark your anger. For example, if the morning rush brings stress, you can prepare things the night before: set out clothing, pack lunches, collect shoes. Then create a "morning poster" that outlines the daily routine step-by-step.

If you find that tempers are shorter in the hour before dinner, set out healthy appetizers, enlist the kids' help in preparing dinner, get the kids involved in a craft activity, or plan an earlier meal time.

## Learn something new

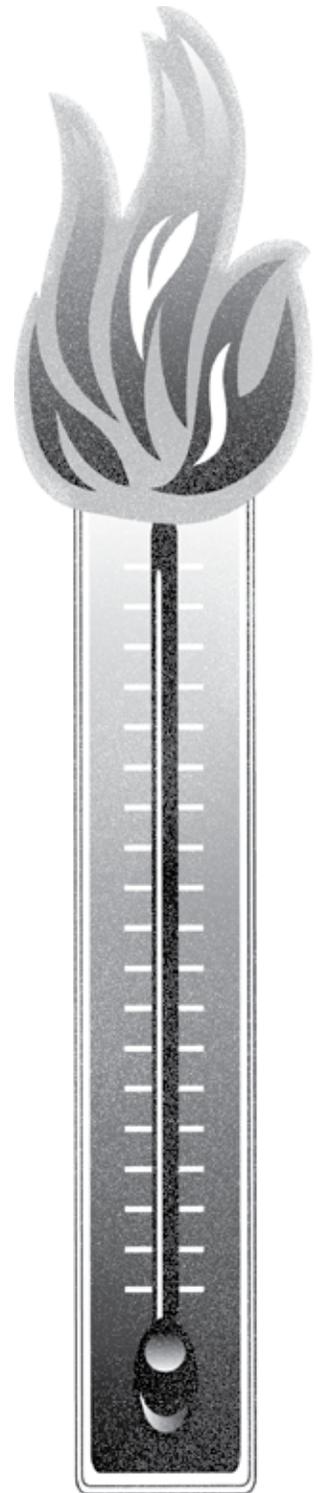
Once you've identified a problem, consider several options for solving it: Jot down possible alternatives, talk it over with another adult, read through a few parenting books, visit an online parenting chat group, or call **800-CHILDREN (800-244-5373)** for tips and guidance.

## Be flexible

Anger is not something that can be dealt with once and then will go away. Your children grow and change, and new issues appear. From time to time take a fresh look at the issues that create negative emotions in your family and take action to change things for the better.

## Let love help

And, finally, at times of anger, hold on to the feeling of love that is the foundation of your relationship with your child. Take time every day to bask in the joy of being a parent. Take time to play, talk and listen. Hug, kiss and cuddle your child often. When you build up this foundation of positive love and emotions you will find yourself less likely to experience intense anger.



Excerpted with permission by McGraw-Hill Publishing from The No-Cry Discipline Solution by Elizabeth Pantley (McGraw-Hill 2007) <http://www.pantley.com/elizabeth>



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*Call 800-CHILDREN (800-244-5373) for more information.*