RELAX: Alternatives to Anger
Lesson 4 Handout: RELAX Method

RELAX

= **RECOGNIZE** your anger signals.

= **EMPATHIZE** by seeing the other person’s point of view.

= **LISTEN** and really hear what the other person is saying.

= **ACCEPT** that the other person’s anger is not about you.

= **X-OUT** the past and keep it in the present.