

Shaping Your Anger Well Is Good: A 6-Step Path

By Jan Schnell

1. **Inside:** Notice what anger is happening inside.

- What is the harm that repels you?
- What is the good you want instead?

2. **Seek counsel.** Ask the questions that help unearth the info you need to move into the next decision-making phase.

First counsel yourself:

- Is this an anger worth assenting to?
- Is it right to be angry about this?
- Is it yours to be angry about?
- To what extent does your anger's intensity or size fit what happened?
- When is the time to express anger?
- Is the good you want achievable?
- How is this addressing a communal need?
- Is this the initial incendiary burst of anger? If so, don't act on that anger yet; work with it as it cools and takes on a prosocial focus.
- Does your anger seek to payback the offender? If so, say no to it and keep working with the anger until its goal is agapic.

Turn to others:

- When you want to externally process or need some more opinions, seek out some counsel from friends who have steered you right in the past or whose perspective helps you ask more expansive questions.

3. **Good choice.** Choose how you want to behave.

Remember that if you learn later this choice is not a good fit, you get to make a more informed best choice then. In order to come to a decision, continue to blend in more reason:

- How safe are you and others if you address the harm?
- What are the resources and support you would need to address this healthfully?
- For whom will addressing it be good, and do they agree?
- Is this response consistent with the best of who you are?
- What will be repercussions from this choice?

4. **Open toward your choice.** Approve and embrace your choice (or if you can't, revisit previous steps).

- Now that this choice has been made, how is it sitting with you?
- Are there parts of it you're uneasy with? If so, address them (which could mean deciding you have to be ok with some uneasiness).
- Who needs to be on board with you?
- What makes you assent to this choice?
- What all needs research, coalition building, and planning? Do it.

5. **Onward.** Affirm the action you are choosing.

- What resilience do you want in place for this action?
- How can you ground/calm/settle your body?
- How can your whole person feel congruent in this action?
- Are you ready?

6. **Do it.** Act

- “We’re doing this. We’ve got this!”
- What’s going well?
- What needs adjusting?
- How are my leaders faring?
- Is this having its intended impact?