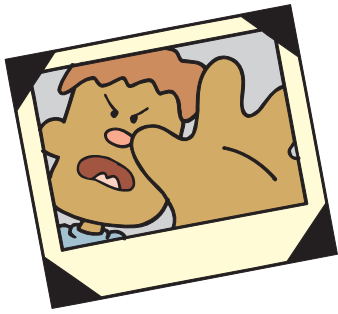


A Shower of Emotions
Dealing with Moisture Stress

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** - Integrate respect and love when expressing anger
- N** - Notice your body's reaction to anger
- K** - Keep your attention on the present problem





Recognizing Your Own Anger

Anger has three components. One is the way 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.

Situation

Example: Mold in basement

| Body/Physiological | Thoughts/Cognitive | Actions/Behavioral |
|---------------------------|---------------------------|-------------------------------|
| I feel flushed. | It's not fair! | I yell at or ignore my child. |