

## Anti-anger & Anti-abuse Affirmations

“Is this really important? Is it really worth getting upset about?”

“How important will this seem tomorrow, or next week?”

“Let it pass! Life is too short to get upset about every little slight to my pride.”

“I can choose if I let someone push my buttons.”

“No one can make me feel inferior unless I let them.”

“Think before you act. Take some deep breaths and count to ten.”

“When I reply too quickly I end up with my foot in my mouth.”

“Most often when I think I’m under attack it’s just the way I look at things. I shouldn’t jump to conclusions.”

“I can choose to ignore my irrational ideas.”

“I often feel as if everyone is against me, but am I really that important? They’re just human, and sometimes say or do thoughtless things.”

“People are sometimes stupid and sometimes thoughtless or insensitive. I don’t have to take this personally or get upset about it. Nobody’s perfect.”

“My instincts seem to tell me not to trust people but it’s better to risk being wrong occasionally than to never take the chance. Going through life trusting no one means a life of loneliness.”

“I can try to stop seeing everything negatively. Life is full of good and bad. I can focus on the good for a change.”



How dare you make me behave like an idiot!



My inner child could whup your inner child any day!

“Getting angry is a choice, even when other people don’t behave as I think they should.”

“People have the right to make mistakes.”

“I don’t have to prove anything to anyone.”

“The world doesn’t have to be perfect for me to be happy and get along with people.”

“If other people are irresponsible, rude or thoughtless it doesn’t help if I act the same way.”

“Tantrums are for toddlers. My rage and anger are usually childish. I can tell my inner brat to go to hell!”

“I look like an idiot when I’m in a rage.”

“Aggression is childish, not manly. I must get rid of stupid ideas about being macho.”

“Self control is strength, lashing out is weakness.”

“Real men don’t attack women and children.”

“Everyone gets angry sometimes, anger is **never** an excuse for being abusive.”

