

## **How To Vent Anger**

- **\* Grieving people are afraid to express their anger for fear they'll lose control. You won't, and letting it**

**out really helps.**

**\*\* When you're home alone beat the floor with a towel and scream.**

**\*\* Kick a pan around the basement. The noise is so satisfying.**

**\*\* Beat the bed with a tennis racket.**

**\*\* Scream! Roll the windows up in your car and scream there. Go to a secluded place by a lake or river and**

**scream into the wind.**

**\*\* Split wood or pound nails.**

**\*\* Hit a punching bag. Pretend it's who or what you are angry with.**

**\*\* Beat an old telephone book with a hammer or a rubber mallet.**

**\*\* Exercise. Jog. Run. Swim.**

**\*\* Get angry with THINGS not people.**

- **\* Cuss! (be careful who hears you)**

- **Whatever you do, it's better to get it out. Don't turn it inward.**