



Options for Conquering Anger

1. Agree not to attack each other.
2. Communicate clearly. Use “I” statements to admit and own our anger.
3. Evaluate what it is that you really need.
4. Listen for understanding of the other person’s point of view and repeat your understanding.
5. Negotiate. Ask what you can do to correct the situation. Be willing to compromise and create potential solutions that meet both of your needs.
6. Agree on a course of action.
7. Ask for help when you start to get angry.

Teams do not win
when they are fighting each other.

Your teammate is not your enemy.