



Sun	Mon	Tue	Wed	Thu	Fri	Sat
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## Teach by Example - Play Nice

It's easy to be frustrated and angered by events that don't occur in the manner expected and by people who are just plain rude. However, if you have children and you're teaching them to treat themselves and others with respect, you have to teach by example and demonstrate your rational self. Even if you don't have children, if you allow yourself to be frequently angry, you'll end up with high blood pressure, episodic headaches and a generally unhappy and unhealthy life style. Therefore, you have to deal with the anger and adopt a pleasant demeanor. In whatever manner works best for you, muster up your nice smile and pleasant voice and "play nice".

How can I deal with my anger issues so that my interactions with people (especially my ex-mother-in-law and ex-husband) are not impeded?

Example: When I feel myself starting to get mad, I'll take a breather. I'll close my eyes, breathe deeply, count to 10 and envision an ocean washing away my rage.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**Tip.**  
Acting in a pleasant manner with others does NOT mean you should allow boorish behavior to be directed at yourself or your family. You CAN be assertive and pleasant.



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**Tip.**  
If you lose your temper in front of the children, and you are feeling badly about it - drop the guilt, learn from experience and move on. Explain to your children that you lost your temper, and sometimes this happens, but you are working on it, and it's not the best way to deal with difficult situations. Show them a better way, and next time, demonstrate the better method.