We all get mad. It's natural. And sometimes even healthy. The challenge is figuring out how to communicate effectively when you're angry instead of bottling it up inside or acting it out. Here are seven tips for effectively communicating when angry.

1. Allow Yourself To Feel Angry

Allow yourself to feel the anger when you first get mad about something. "You may think you need to cover 'negative feelings' with positive ones. You don't. You're entitled to feel whatever you need to feel.

2. Don't React To Anger With Anger

Don't respond to someone else's anger with anger of your own, as it will do nothing to help the situation. Notice that you're only getting angry because someone seems to be angry with *you*.

3. Use "I Feel" Statements

This will help so that the other person doesn't feel that they are being blamed, and they'll generally be way more open to what you have to say.

4. Stick To The Subject

Stick to the recent issue that made you feel angry. Don't bring up other times in the past that they made you upset.

5. Prepare To Listen

Try to hear the other person's point of view of what happened. They may have perceived what happened very differently. By being prepared to listen, you may come to understand where he or she is coming from and realize you are no longer angry.

6. Ask For A Break

Asking to take a break from a conversation when you're angry can be very helpful. You can use that break as "think time" and then continue the conversation when you can communicate more calmly and clearly.

7. Write Down Your Thoughts

And finally, writing down how you are feeling and what you need before talking with the other person can help too. This way you can re-read it to be sure the message is on-topic, respectful, and appropriate.

How does it relate to Self-Awareness and Self-Advocacy?

When feeling angry, utilizing coping strategies (i.e. deep breathing) and communicating feeling and need statements (i.e. "I feel angry, I need some space." or "I feel angry, I need help with a problem I'm having") can help from keeping emotions bottled up and building stress. Instead it helps to facilitate communication by expressing yourself calmly and respectfully so your feelings and needs are heard and understood.