



## Managing Anger & Irritability After TBI

# The power of the PAUSE

Anger and irritability are common side effects of a brain injury. They're heightened when we view other's actions through a negative lens: "That waiter spilled soup on me on purpose" or "That stranger intentionally stepped on my foot."

Here are some strategies to help reduce anger, irritation, and aggression. Sometimes it helps to **PAUSE** before you react:

**Put** yourself in the other person's shoes.

**Ask** yourself calmly why the other person did what they did. Were they really trying to harm you?

**Understand** that there may be a cause for the other person's behavior that isn't related to you.

**See** alternative and innocent reasons that might account for the other person's behavior.

**Expect** that most people are doing their best and try to give others the benefit of the doubt.

This information is made possible by a partnership between Indiana University and WETA/BrainLine.  
For more information, please visit [Brainline.org/brain-injury-and-anger](https://brainline.org/brain-injury-and-anger)