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## Twenty-five ways to help you STOP yelling

1. Be an active listener.
2. Use understanding to slow yourself down.
3. Ask yourself whose problem it is.
4. Recognize anger as a signal.
5. Don't take it all so personally.
6. Put a picture in the picture.
7. Use humor.
8. Use focused whispering in place of yelling.
9. Become skilled in the art of shrugging
10. Don't humiliate your child or call him names.
11. Just let go
12. Say the Serenity Prayer.
13. Remember that you control the show.
14. Enough is enough.
15. Say "Let me think about it."
16. Get on a reality TV show.
17. Make sure your own needs are met.
18. Talk to yourself.
19. Put yourself on record.

20. Think of quiet and powerful role mode.
21. Be clear and concise with your distractions.
22. Think about your final day.
23. Plan ahead.
24. Deal with problems as they occur.
25. Think “presidential.”