

Managing Anger



Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts.

Anger: by Trouble

My Anger it is an emotion that
I can't seem to let go of.

It is a feeling so deep within that
It often blocks my success...
 In life, love and relationships.

No matter how hard I try
To put all the pain and hurt aside.
The love and affection of another
Makes that hurt so much stronger.

I can't help to accept it
false hope once
held Strong... I will somehow
Fall with no one there
To catch me.

My anger is my prison
My anger is my fears
My anger distorts my love
 Creates unknown tensions,
 Expectations, and disappointments
 From deep within.

My anger is my strength
My anger is my independence
My anger is my love.

My anger pushes and forces me
To do more; more for myself, more
For my family ... more for my kinds.

My anger/love causes a great sense of resentment.
My anger/love causes a great sense of disappointment.

My anger creates a blindness where my abilities,
Passions and talents lie.
My anger causes my great pain each time I love.
My anger is the life and death of me.

Anger is an emotion, strong feeling of annoyance, displeasure, or hostility characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Anger is a feeling of rage.

Anger is a warning bell that tells us that something is wrong.

There are four types of anger:

- **Anger at self – which is directed inward**
- **Anger at others – which is directed outward**
- **Disappointment – exists along with sadness**
- **Constructive anger – remove an obstacle from your path, not in an aggressive manner**

There are four sources of anger:

- **Hurt – your heart is wounded**
- **Injustice – your right is violated**
- **Fear – your future is threatened**
- **Frustration – your performance is not accepted**

Anger has three components:

- **Physical reactions**, usually starting with a rush of adrenaline and responses such as an increased heart rate, blood pressure, and tightening muscles; often known as the “fight or flight” response
- The **cognitive experience** of anger, or how we perceive and think about what is making us angry. For example, we might think something that happened to us is wrong, unfair, and undeserved.
- **Behavior**, or the way we express our anger. There is a wide range of behavior that signals anger. We may look and sound angry, turn red, raise our voices, clam up, slam doors, storm away, or otherwise signal to others that we are angry.

When we manage anger well, it prompts us to make positive changes in our lives and situations.

Anger can be a good thing.

It can give you a way to express negative feelings

Motivates you to find solutions to problems.

Mismanaged anger, on the other hand, is counterproductive and can be unhealthy.

Excessive anger can cause problems.

Increased blood pressure

Difficulty to think straight

harm your physical and mental health.

can cause problems at home and at work.

Anger does not go away just because you unleash it.

Do you hold it in? Or do you let it all out?

Get control of your anger, instead of letting it control you.

Anger can be caused by both

External (outside) events	Internal (inside) events
Angry at a specific person	Worrying or brooding about your personal problems
Event such as traffic jam	Memories of traumatic events



People use a variety of both conscious and unconscious processes to deal with their angry feelings.

Expressing	Suppressing	calming
Assertive-not aggressive-manner	Holding in your anger	controlling your outward behavior
Learn how to make it clear what your needs are	Stop thinking about it	controlling your internal responses
How to get your needs met without hurting others	Focus on something positive	taking steps to lower your heart rate
Assertive does not mean pushy and demanding – it means being respectful of yourself and others	if it isn't allowed outward expression, your anger can turn inward—on yourself	calm yourself down, and let the feelings subside.
	Anger turned inward may cause hypertension, high blood pressure, or depression	relaxation tools - deep breathing Breathe deeply, from your diaphragm; breathing from your chest won't relax you. Picture your breath coming up from your "gut."
	Unexpressed anger	relaxing imagery -- visualize a relaxing experience, from either your memory or your imagination.
	getting back at people indirectly, without telling them why	Non strenuous, slow yoga-like exercises can relax your muscles and make you feel much calmer.
	personality that seems perpetually cynical and hostile	
	constantly putting others down, criticizing everything, and making cynical comments	
	aren't likely to have many successful relationships.	

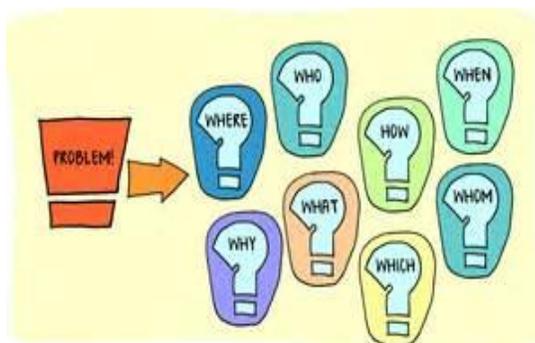


- This means changing the way you think.
- Your thinking can get very exaggerated and overly dramatic, when you're angry.
- Try replacing these thoughts with more rational ones.

Remind yourself that getting angry
is not going to fix anything,
it won't make you feel better.
It may actually make you feel worse.
It does not make the hurt go away

the world is "not out to get you"
become aware of demanding and translate these expectations into desires.

Problem Solving



Make a plan

- What is the problem?
- Where is the problem happening?
- How is it a problem?
- When is it a problem?
- With whom is it happening?
- Why is it happening?

Who can help you talk to about your problem?

Do not to punish yourself if you do not get the answer you want



Angry people tend to jump to and act on—conclusions.

The first thing to do if you're in a heated discussion

- slow down
- stop and listen carefully to what the other person is saying
- force yourself to hear
- think before you speak
- stay focused on the here and now
- be ready to agree to disagree
- try to minimize emotions

It's natural to get defensive when you're criticized, but don't fight back.

Using Humor

"Silly humor" can help defuse rage; it can help you get a more balanced perspective.

- ✓ Don't try to just "laugh off" your problems; rather, use humor to help yourself face them more constructively.
 - When you call someone a name, draw a picture of what that might look like.
 - This will take a lot of the edge off your fury; and humor can always be relied on to help unknot a tense situation.
- ✓ Don't give in to harsh, sarcastic humor; that's just another form of unhealthy anger expression.
 - Angry people tend to feel that they are morally right, that any blocking or changing of their plans is an unbearable indignity and that they should NOT have to suffer this way. Maybe other people do, but not them!

Changing Your Environment

Sometimes it's our immediate surroundings that give us cause for irritation and fury.

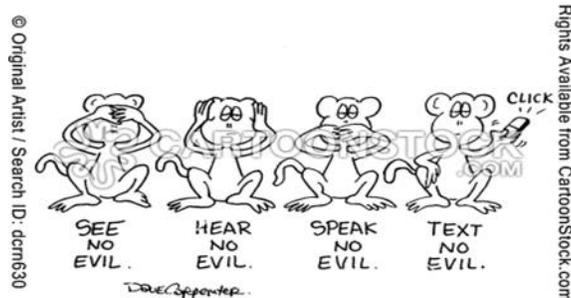
Give yourself a break. Make sure you have some "personal time" scheduled for times of the day that you know are particularly stressful.

Some Other Tips for Easing Up on Yourself:

- ❖ Timing: the choice, judgment or control of when something should be done
- ❖ Avoidance: keeping away from or not doing something
- ❖ Finding alternatives: finding another available possibility.

Denial

- ✓ statement saying that something is not true or real
- ✓ a statement in which someone denies something
- ✓ refusal to acknowledge a person or a thing
- ✓ a psychological defense mechanism in which confrontation with a personal problem or with reality is avoided by denying the existence of the problem or reality



Denial functions to protect the ego from things that the individual cannot cope with. While this may save us from anxiety or pain, denial also requires a substantial investment of energy.

- Denial can involve a flat out rejection of the existence of a fact or reality.
- It might involve admitting that something is true, but minimizing its importance.
- Sometimes people will accept reality and the seriousness of the fact, but they will deny their own responsibility and instead blame other people or other outside forces.

Denial and anger can be linked for a number of reasons.

People with anger issues often do not realize they have them,
Simply refuse to admit it.

Remaining in denial like this not only makes the anger more difficult to resolve, but it can also exacerbate the issue.
Some people will react with even more anger if someone points out to them that they appear to be in denial about it.

Denial and Anger are the first two stages of grief that people move through (five stages).

- *denial: refusal to believe that something bad has happened;*
- *anger: Some people lash out at those around them or direct their anger inward and blame themselves*
- *bargaining: is often making deals to get back something you lost*
- *depression: persistent feelings of sadness and loss of interest*
- *acceptance: consenting/agreeing to receive or do something*

Anger may be the safest way to express emotions; it might be too overwhelming to express sadness or fear, anxiety or other issues that they have yet been unable to face, but anger allows them to share their emotions in a safer way.

Action Steps and Tips to Overcoming Anger

1. See It

List known triggers and sources of anger

Until you can control the anger, avoid triggers as much as possible

Identify angry feelings while they are still minor.

Be aware of physical changes—these are warning signs (e.g., Rising heart rate, tensed muscles, dilated pupils, clenched fists, flared nostrils, bulged veins)

2. Delay It

Take a “time out” from the situation (20 minute minimum)

Perform light exercise until the intensity of anger is manageable.

“Write, don’t fight;” This exercise is personal and writings should be kept private, not sent.

Talk with a trusted friend who is unrelated to the anger-provoking situation: Don’t just vent—ask for constructive advice.

3. Control It

Respond, don’t react.

Confront to restore, not to destroy.

Empathize (yelling is a failure to empathize).

Learn how to self-calm. Calming will help you let some of your angry feelings subside before expressing anger in a healthy way.

Talk to a counseling professional, find an accountability partner, or join an anger management group

Anyone can become angry. That is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way—that is not easy.

—ARISTOTLE

Aggression: overt or suppressed hostility, either innate or resulting from continued frustration and directed outward or against oneself.

- Who are you mad at?

- Why are you mad at them?

- Can you change what they did?

- Can you talk to the person you are made at?

If you cannot talk to that person trying writing a letter saying everything and anything you would say to them to get it out of your head. Being able to say what you feel is a release in itself even if you do not get an immediate/ or ever get a response

- What would you say to that person?

We cannot change the actions or behaviors of others all we can do is control our minds and our bodies to the best of our ability.

- Acting out aggressively hurts who? _____

- What future do you have if your criminal record shows violence after violence after violence?

- Would you hire someone whose response is always a violent outburst?

Resources:

Boston Anger Counseling
Support@thriveworks.com
617-395-5806

The Door is open Counseling Center
Anger Management Groups
Joyce@doorisopen.net
781-925-3500

Patch
Janice Gosule
631-647-3100 X6050