

Anger Management

Condensed Version

Anger can invoke feelings of displeasure, irritability, and rage in the best of us. Yet, it is a normal human emotion. Yet, if these feelings get the best of you, and become a controlling component of your everyday life, it can become destructive and cause major problems in many areas of life.

Learning how to manage anger will lead to a boost in self-confidence and a reduction of personal stress.

Anger Basics, Causes, & Disorders

What is anger, exactly?

It's a natural emotion that comes when we feel injured or mistreated by someone else, or ourselves. These feelings typically come to survive and protect ourselves from wrong-doings.

What causes anger?

Causes of anger may include both external and internal forces. **External forces** include a specific person, situation, or physiologic needs that aren't met. **Internal forces** include your personality, the way you view yourself, and memories.

Anger disorder – IED

Intermittent Explosive Disorder (IED) is characterized by sudden and explosive anger. It typically begins in early teen years, and can be managed with the help of medical professionals.

Anger Management – A Goal Worth Striving For

What is anger management?

It's the attempt at lowering the emotional feelings and physiological awakening that comes about because of anger. No one can completely remove all anger, but learning how to control anger is **possible**...and is a goal worth striving for!

Anger Management Tools

- Remember to take out test to find out how angry you are.
- Check out the tips on managing anger (below)
- Remember Expressing, Suppressing, and Calming (ESC)

Expressing, Suppressing, & Calming

These three approaches to dealing with angry feelings are all appropriate, in specific situations.



Expressing – Learning how to express feelings in an assertive manner, without hurting the feelings of others.

Suppressing – Holding your tongue, reflecting on the anger, and then redirecting that emotion into an alternative behavior.

Calming – Keep your cool and calm down before you talk about it!

ACTION STEP – Use ESC and the tools listed to start working on your anger management.

Anger Management Techniques – Tips & Advice

1. Don't speak until you think
2. Get calm first.
3. Consider exercising.
4. "Me" time.
5. Identify possible solutions.
6. Grudges are no good.
7. Make sure you laugh!
8. Take time to practice relaxation.
9. When should you get help?
10. Become a more active communicator.
11. Learn to change your environment.

Final Thoughts

Learning how to handle anger doesn't need to be hard. We are all prone to experience anger in this life, but coping skills for anger **can** be learned, developed, and applied into your life.

Start by taking our test and learning where you stand on the anger issue today. Then, consider our tips and tools to help you succeed!

Learning how to control your anger is a key life skill that puts YOU in control...and once you have that control, then you truly have POWER OVER LIFE!

