

# Anger Management

**“I’m so ANGRY!” “I’m really IRATE!” “I’m so ANNOYED!”**

**ANGER** is an emotion that tells us someone or something has interfered with our goals, gone against us or wronged us in some way. Anger can make us feel like defending ourselves, attacking, or getting revenge. Kids and adults get angry from time to time. Anger is a normal and important emotion that gives us information about our lives.



## **Anger can lead to positive change when:**

- We express anger in a useful or constructive way
- We use the energy of anger to get things done and solve problems

## **Anger can cause problems when:**

- We take our anger out on others –verbally or physically
- We can’t manage it alone and don’t get help when we need it

## **How Do I Know If My Anger Is A Problem?**

Anger becomes a problem if it is:

1. **Too Frequent.** Lots of anger on a daily basis may reduce your quality of life, relationships, and your health. Even if your anger is justified, you will feel better if you pick one battle at a time.
2. **Too Intense.** Very intense anger is dangerous physically and can cause you to do impulsive things you may regret.
3. **Lasts too Long.** Anger that lasts a long time is hard on your mood and body. When we stay angry, the littlest thing can set us off.
4. **Leads to Aggression.** We are more likely to become aggressive when our anger is very intense. Lashing out verbally or physically is not an effective way to deal with conflict.
5. **Disrupts Work/School or Relationships.** Intense and frequent anger can cause problems with relationships and may lead to job loss, relationship break-ups, or trouble with the law.

## **What Causes Anger?**

There are four main types of **external** situations that cause anger:

1. Frustrations –when something gets in the way of something we want.
2. Irritations –life’s daily hassles.
3. Abuse –anger is a normal healthy response to any kind of abuse.
4. Unfairness –being treated unfairly, prejudice, racism, sexism.



There are also **internal** causes to anger. Some people have ways of thinking that create more anger in their lives. For example taking things personally, having unrealistic expectations, using self-talk that fuels our anger, or if we are already stressed or tense, each make anger worse.

## What Can I Do About My Anger?

**Anger is a sign that you need to take Constructive Action.**

**Anger is a source of energy to get things done and solve problems.**

Anger Management is about:

- **Problem-Solving**
- **Not being a slave to your emotions**
- **Learning how not to get angry very often or for very long**



## **STRENGTH lies in COMPOSURE, not in CONFRONTATION**

There are 3 main ways to manage anger:

**1) Managing Emotions.** Learning **Relaxation Techniques** and **Humour** are often part of anger management because it is not possible to be angry and relaxed at the same time. Learning to relax and not taking things too seriously reduces your chances of getting too mad too quickly.

**2) Managing Thoughts.** Learn **Empathy**. To make empathy work for you, you need to often ask yourself, “What does this situation feel like for the other person”? Learn how to **Manage Your Thoughts**. Try these steps: 1. Examine the evidence. What evidence do you have to support your view of the situation? 2. Look for alternatives. What are some other ways of viewing this situation? Can you think of other explanations why this happened?

**3) Managing Behaviours.** Learn **Problem-Solving** and how to use **Assertive Communication**. This will help you direct your anger response toward solving a problem in a healthy, productive way.

**\*The 3 Don'ts!** You will increase your angry feelings if you respond to anger with any of these three:

**Don't Bottle It Up! Don't Get Defensive! Don't Lash Out!**

## **Do You Need Help?**

- ✓ If you are in danger of hurting yourself or someone else contact the Mental Health Crisis Service....519-433-2023
- ✓ Contact your doctor, Healer, a counselor to learn about managing anger

