

MANAGING YOUR ANGER!

Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned...Buddha

WHAT TO KNOW!

- ❖ Anger is a completely normal human emotion that if not managed properly, can become destructive and lead to all kinds of problems
- ❖ Anger can vary from mild irritation to intense rage
- ❖ Anger has physiological and biological components including increased heart rate, blood pressure, energy, hormones, and adrenaline
- ❖ How you perceive a situation can lead to you feeling angry and how you deal with it
- ❖ Often times, people feel angry when their feelings are hurt or feel mistreated by others
- ❖ The concept of **should, or must, or ought to** plays a large part in feeling angry as people have beliefs of what should or should not happen or how people should behave; when it doesn't happen, they can become angry
- ❖ Anger can be a response to perceived threats and can inspire aggressive behavior
- ❖ Venting your anger is very likely to damage relationships, impair goal attainment, and negatively affect others who will keep their distance from you
- ❖ The main goal of anger management is not to prevent the expression of angry feelings but to express them in a healthy and constructive way
- ❖ Holding angry feelings in or repressing them can lead to anxiety, depression, headaches, digestive problems, high blood pressure, and disrupted relationships
- ❖ Being angry may get you what you want but even so, it will damage relationships, cause others to be afraid of you, and contribute to more angry feelings

WHAT TO DO TO MANAGE YOUR ANGER!

- ❖ Identify any should statements in your thinking and challenge them as to why things should (must, ought to) go your way
- ❖ Try to be more understanding of others and see things from their point of view
- ❖ Consider whether you are taking the actions of others personally when they aren't
- ❖ Recognize your bodily reactions that indicate you are getting angry and calm yourself
- ❖ Walk away from the situation, take deep breaths, count to 10, exercise, and stretch
- ❖ Ask yourself if the perceived wrong is really that important in your life
- ❖ Be assertive: use "I feel" talk to express your anger clearly and calmly
- ❖ Believe that you don't always have to win or get what you want
- ❖ Respect that winning an argument may lose a friendship
- ❖ Be willing to forgive others when they are wrong
- ❖ Know when to let things go; you don't always have to win
- ❖ Do not abuse drugs or alcohol which can increase angry feelings
- ❖ Don't hold onto a grudge
- ❖ Try to see things humorously to release your tension
- ❖ Use mental imagery to visualize a happy place or a state of relaxation
- ❖ Use logic and cognitive restructuring; recognize your demands and expectations of others and change them
- ❖ Seek professional help if you are unable to control your anger; therapy can help to identify irrational thinking and anger triggers as well as learn new techniques

WE CAN HELP!

Call us at **954 755-2885** or email us at DrKimmel@KimmelPsychology.com

Joel I. Kimmel, Ph.D. P.A. and Associates
5551 N University Drive, Suite 202
Coral Springs FL 33067