

ANGER MANAGEMENT

Anger is a normal, healthy emotion. When it is expressed appropriately you are letting go of the stress and frustration that you are experiencing, and those around you understand and accept that you are upset. When anger is expressed inappropriately with blame and aggression it can be a destructive force — both to the person experiencing it and for those subjected to it. As with other things that are negative, there is a tendency to hold something or someone else responsible. When you hold someone else responsible for your stress, anxiety, or frustration you feel that you have the right to express it in an aggressive manner.

1. You are responsible for your own life, the choices you make, and the quality of your life experience.
2. Clarify your thoughts, feelings, needs, and wants. You are the only one who knows what goes on inside of you.
3. Compromise with others when wants or needs are in conflict, or an issue of some contention. It is unreasonable to always or rarely get what you want. Therefore, with mutual respect, compromise, and negotiation people can seek an equitable solution.
4. Develop effective skills for managing your life. Examine the difficulties that you experience, assess how you contribute to the difficulties, and decide what you are willing to do differently.

SEVEN STEPS OF TAKING RESPONSIBILITY

1. Make a commitment to change in order to improve the quality of your life.
2. Be aware of how the behavior of others affect you. Seek activities which are pleasurable and beneficial to you. People who feel good about their lives are less negative and angry. They are happy, accepting of responsibility and take good care of themselves.
3. Self-care is the core of taking responsibility for yourself. Balance your life; Nutrition, adequate rest, regular exercise, people and activities that you enjoy, personal growth, things to look forward to, etc.
4. Broadening your resources and support system is a life-long endeavor. Don't limit yourself with minimal resources. Create as many choices for yourself as possible.
5. Clear boundaries and setting limits reinforces everyone being responsible for themselves. Don't do things just to please others. Give yourself permission to say "no." If you ignore this step you are likely to feel used, abused, and resentful.
6. Define your goals. Break each goal down into manageable steps. Regularly check on the progress you had made toward your goals. You create your own destiny.
7. Let go. If something is unresolved then take care of it and move on. If there is something that you don't have any control over then make peace with it, accept it, and let go. Letting go is also important if you choose to remain in situations or relationships which are frustrating to you. You only have control over yourself. You are responsible for your

own happiness.

1. What are the stressors, fears, and frustrations that are at the bottom of your anger?
2. Triggers: What do you think or say to yourself that increases anger?
3. Is anger effective in getting others to do what you want them to do?
4. What are more effective techniques you can use to get what you want and need?
5. What are resources or sources of support you utilize when you are feeling angry?
6. What are you going to do differently to manage anger? How can you decrease or eliminate feelings of anger?
7. Are there things that you need to limit or eliminate from your life (obligations, relationships, saying yes to everyone, etc.)?
8. How can you get what you want and need through compromise and problem solving?
9. What are your goals of anger management and how are you going to go about the changes needed to reach your goals?
(e.g., Goal: I choose to no longer feel angry all about my spouse's behavior. Object: Recognize and accept that one is responsible for one's behavior.)
10. If you feel that you have tried everything and are unable to resolve issues with a person or situation the only thing left for you to do is to LET GO. How will you be able to make peace with such a situation?

How do you feel about having wasted so much of your energy, time, and life on anger?

HANDLING ANGER GENERAL PRINCIPLES REGARDING ANGER

1. Anger is a common emotion.
2. Anger needs to be expressed for healthy adjustment.

UNDERSTANDING YOUR EXPERIENCE OF ANGER

1. Socialized to believe that anger is wrong.
2. Anger is associated with anxiety.
3. Anger is used to control and intimidate others.
4. Fear of anger.
 - A. Fear of your own anger.
 - B. Fear of the anger of others.
5. Anger is a normal reaction to a stimulus.
6. A belief that you are unable to control anger.
7. Physiological response with anger (survival emotion).

8. Pretending that you don't get angry can make you sick.
9. Blocked and unexpressed anger does not go away.
10. When not expressed assertively and appropriately, anger tends to pop up in destructive ways, such as resentment and hostility.

BARRIERS TO EXPRESSING ANGER

1. Fear of disapproval.
2. Fear of the power of your anger.
3. Denial of the fact of your anger.
 - A. Stressed out. B. Tired C. Sick
4. Allow others to deny your right to be angry.
5. Avoidance of all feelings.
 - A. Out of touch with emotional experience. Not aware of when angry, sad, happy.

INAPPROPRIATE EXPRESSION OF ANGER: VIOLENCE & RAGE

1. Take responsibility for your emotional experience.
2. Acknowledge that inappropriate expression of anger is not acceptable.
3. Learn anger management.
4. Identify how your behavior has affected and harmed others.

CONSEQUENCES FOR NOT PROCESSING ANGER

1. Depression — experienced as feeling incompetent.
2. Anxiety — often experienced with fear.
3. Guilt — socialized to believe that it is wrong to feel angry.
4. Self-destructive activities.
 - A. Drinking/drugs,
 - B. Eating to mask feelings,
 - C. Psychosomatic Illnesses
 Headache,
 Gastrointestinal problems,
 Hypertension.
5. Aggression / violence.
6. Disguised anger.
 - A. Hostile humor (sarcasm),
 - B. Nagging,
 - C. Silence and withdrawal,
 - D. Withholding sex,
 - E. Displacement

WAYS TO DEAL WITH ANGER

1. Recognize anger when you are experiencing it.
2. Express it appropriately when it occurs.
 - A. Express how you feel with an "I" statement and in a courteous, respectful, assertive

manner.

3. What if you are intensely angry?

A. Acknowledge and take responsibility for dealing with it in an appropriate and constructive manner.

Activities,

Exercise,

3. Talk—express your emotions with someone who can empathize,

4. Journal writing

THE STEPS FOR LETTING GO OF ANGER

1. Awareness of your feelings and behaviors.

2. Taking responsibility for your emotions and responses.

3. Attitude—will greatly influence your success or failure. If you have a negative attitude don't expect good things to happen.

4. Self-talk. What you say to yourself will determine how you think and feel. It is a choice.

5. Don't take responsibility for people and other things that you don't have control over.

6. Develop resources and a support system that encourages the positive changes in you and in your life.

7. Self-care behaviors. People who take care of themselves feel better about who they are, have more energy, and are more likely to be happy.

8. Develop positive self-esteem.

9. Develop positive alternative responses to counter the older anger responses.

10. Practice rehearsing the new responses. Keep a journal to track and reinforce change. A journal will also clarify issues which require further problem solving, or dysfunctional patterns which are keeping you from the progress and change that you desire.