



Anger Management

Effects of Anger

- Anger activates neural transmitters which cause the body to prepare to defend itself from a perceived attack.
- Heart rate increases.
- Respiration increases.
- Blood pressure climbs.
- Pupils dilate.
- Digestion difficulties.

Anger is a feeling of displeasure resulting from perceived injury, mistreatments, and opposition. Anger is usually displayed as a desire to fight back at the cause of a feeling.

Characteristics of *Unhealthy Anger*

- Denying your feelings or lashing out and attacking the people around you.
- Arguing defensively and insisting that there is no validity in what the other person is saying.
- Believing the other person is despicable and deserving of punishment.
- Anger has become addictive and you are unable to let go.
- Blaming the other person and seeing yourself as the victim.
- Insisting that you are entirely right and the other person is entirely wrong.
- Feeling like you are in a battle or a competition.

In an effort to defuse my anger, I will ask myself:

- Why the other person might have done what they did?
- What kind of pressures/concerns the other person might have had?
- What other factors might have influenced the other person to act the way they did?

What else should I keep in mind?

- Maintain awareness of your personal reaction (physical, mental, behavioral) which could range from a mild irritation to rage.
- Acknowledge and recognize anger as a normal emotion.
- Identify situations that are most likely to cause an angry reaction.
- Be aware of universal and personal anger-provoking situations.
- Denying or suppressing your anger simply creates a volcano that may eventually erupt with possibly disastrous consequences. It's better to address it, heal, and move forward.



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