

MANAGING 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 normally occurring emotion that happens in response to a person's perception that they have been harmed, offended, taken advantage of, or wronged
- ❖ It is often accompanied by a strong emotional response and a desire to retaliate and hurt, either verbally or physically, those who harmed them
- ❖ Anger can have physical reactions including increased heart rate, increased blood pressure, heightened arousal and vigilance, and tension in muscle groups
- ❖ Anger can feel good, but just for the moment, and can motivate a person to take action
- ❖ Anger can be destructive when it is not dealt with appropriately and can lead to impairment in relationships, decision making, and controlling one's own behavior
- ❖ Aggressive anger can be expressed through bullying, destructiveness, harming others, intimidation, threatening and blaming others, vindictiveness, and seeking vengeance
- ❖ Passive anger can be expressed through ignoring or denying others, being uncooperative, manipulating, being evasive, spreading gossip, being unreliable, etc.
- ❖ Rage is raw, undifferentiated anger due to an inability to process emotions because of an incapacity to regulate emotions and impulses
- ❖ People usually deal with anger by *expression*, by *suppression*, or by *calming oneself*
- ❖ *Expressing* anger through verbal assertion not aggression is the healthiest strategy
- ❖ *Suppressing* one's anger can lead to high blood pressure, hypertension, passive-aggressive behaviors, and being cynical and hostile
- ❖ *Calming oneself* down involves thinking rationally and using relaxation exercises to lower one's blood pressure and heart rate
- ❖ People who easily get angry tend to have low frustration tolerance and believe that things should be their way and that they should not be inconvenienced or annoyed
- ❖ Angry people often have verbal thought patterns that include *should, must, ought, have to, got to* and perceive situations without a rational understanding of what happened
- ❖ Angry people tend to place more blame on others for their anger and use stereotypes
- ❖ Depression has been classically defined as turning anger inwards, against oneself
- ❖ Managing anger means learning what anger is, how to recognize anger triggers, and learning strategies and exercises to reduce and keep one's anger under control

WHAT TO DO!

- ❖ Pay attention to your emotions and physical reactions to identify when you are angry
- ❖ Take a time out and change your environment to get out of the angry situation
- ❖ Change the way you think; be more understanding and do not take things personally
- ❖ Breathe deeply and repeat a calm word or phrase to "quiet" you
- ❖ Find a solution to the problem rather than complain about it or feel unfairly treated
- ❖ Verbally express and assert yourself and listen to the response from others
- ❖ Use "I" statements to express yourself rather than "you" statements
- ❖ Let go of resentments and use humor, but not sarcasm, to lighten an angry situation
- ❖ Seek professional help if your anger is out of control and is hurting yourself or others

WE CAN HELP!

Call us at **954 755-2885** or email us at [**DrKimmel@KimmelPsychology.com**](mailto:DrKimmel@KimmelPsychology.com)

Joel I. Kimmel, Ph.D. P.A. and Associates
5571 N University Drive, Suite 101
Coral Springs FL 33067