

## 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](mailto:DrKimmel@KimmelPsychology.com)

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