

**Introduction to**

**Anger**

**Management**





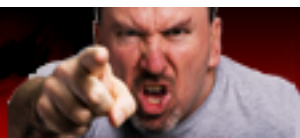
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## INTRODUCTION

Anger is a natural emotion; however, it can quickly become a problem that is present in your daily life, even affecting your relationships with those around you. Not only can anger disrupt your personal time and work but it can also hurt you when you are least expecting it. Anger can easily rear its ugly head in the least expected and most uncommon types of situations; particularly when you do not have control of it.

Most people do not want to be considered an angry person; they simply feel as though they have no control over their anger. Something occurs to incite their anger and they automatically respond.

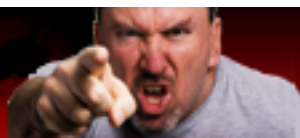
In some cases people might not even realize they are angry until something occurs to trigger a rapid change in mood. If this has occurred to you, you may feel as if there is no way to correct the root cause of the problem because you are not even sure where it stems from.

The primary underlying source of all anger is usually fear. If you experience difficulty in managing your anger, fear is usually the source of the problem. When you are able to learn to cope with your fear you will be taking a big step towards controlling your anger and regaining control of your life. Utilizing rational self-talk methods can be one of the best methods for handling the fear that causes anger.

If negative thinking has become part of your day-to-day life it is possible to change your state of mind. It will take work and will require commitment on your part, but it can be accomplished.

Are you ready to regain control of your life and learn how to manage your anger so that you are able to live a happier and more satisfying life?

Let's get started!





## CHAPTER 1

# Identifying the Root Cause of Anger

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### Coping with Fear

As we learned in the introduction, the main root cause of anger in most instances is fear. Negative thinking in life can also contribute to the presence of anger and can increase the chance of an individual becoming angry. When you refuse or are unable to see the positive aspects of life you may see things as being hopeless. As a result, it should be little surprise that you seem to continually experience problems in life on a daily basis.

Stop and think for a moment. Do you constantly say "if" to yourself? If you are an "if" type person you are automatically setting yourself up for failure. Asking yourself "if" or "what if" can often lead to fear that is frequently irrational. It is imperative that you ensure you keep your mind in the right place to be certain that you do not give into any unnecessary or irrational fears.

Paying attention to what goes on around you and making note of the things that you can actually change in life while not worrying about the things you cannot change can go a long way toward helping to eradicate both fear and anger in your life. There is no point in wasting your time and energy wondering or worrying about something that you cannot affect. There is no point in worrying about the past. Keeping your thoughts clear will also ensure that you have less time or opportunity for developing fear.

Sadly, some people actually set themselves up for anger by focusing their thoughts and attention on events that occurred in the past. By allowing yourself to be free from the past, you will also be able to decrease the amount of anger you experience. Keep in mind there is nothing you can do to alter what has already taken place. It is important to develop an appreciation for what you are able to change rather than focus on the things that you cannot change.

Even if you have made a poor decision in the past, remember that this makes you no different from anyone else. We have all experienced problems in the past and have made poor decisions in the past. This does not mean that the rest of your life must crumble because of it. It does mean that you should focus on taking the right steps in the present to correct the problem as best you can.

The following steps can help you to do this:







- Evaluate your existing problems
- Review the choices that are available to you for resolving the problems
- Make use of available resources for handling the problem
- Come to a decision
- Take the necessary steps to handle the situation immediately; do not procrastinate

Remember, procrastinating will only make things worse than they are at the current time. In fact, it is likely to compound the problem.

## **Dealing with Negativity**

Anger, like stress, can be either negative or positive. Anger can sometimes serve a beneficial purpose but it can also be destructive and dangerous. Most people deal with anger in different ways. Some people choose to walk it off while others may choose to let off steam by yelling. Like most emotions, anger can either take control of your life or it can propel you to take necessary action. If your mind is continually filled with negative thoughts you may likely find that you will be prone to exploding at the least provocation.

In some instances anger is expressed through physical contact such as hitting or slapping while in other instances it may be expressed through mental abuse, verbal assaults, etc. How you choose to express your anger can have a significant impact on the consequences that arise from your anger.

For instance, while you might not necessarily experience any repercussions from simply choosing to walk off your anger or even yelling at someone, if you hit someone or damage someone's personal property, the consequences can be severe and long-lasting. If you choose to slam your fist through a wall, you could harm yourself.

It is also important to note that anger, like other emotions, can sometimes play tricks on the mind. For example, you might think that someone else has caused you to appear foolish and you become angry at them. The real root of this issue is humiliation and focusing on that will usually lead to nothing but trouble. In other cases you may feel as though no one is listening to you or you may feel as though you are threatened. It is always important to speak up and defend yourself but it is usually not a good idea to respond out of anger. Responding in anger will not only harm others around you but yourself as well. In the end, you will only be adding to your problems.

It should also be pointed out that others will be much less likely to listen to your point

