



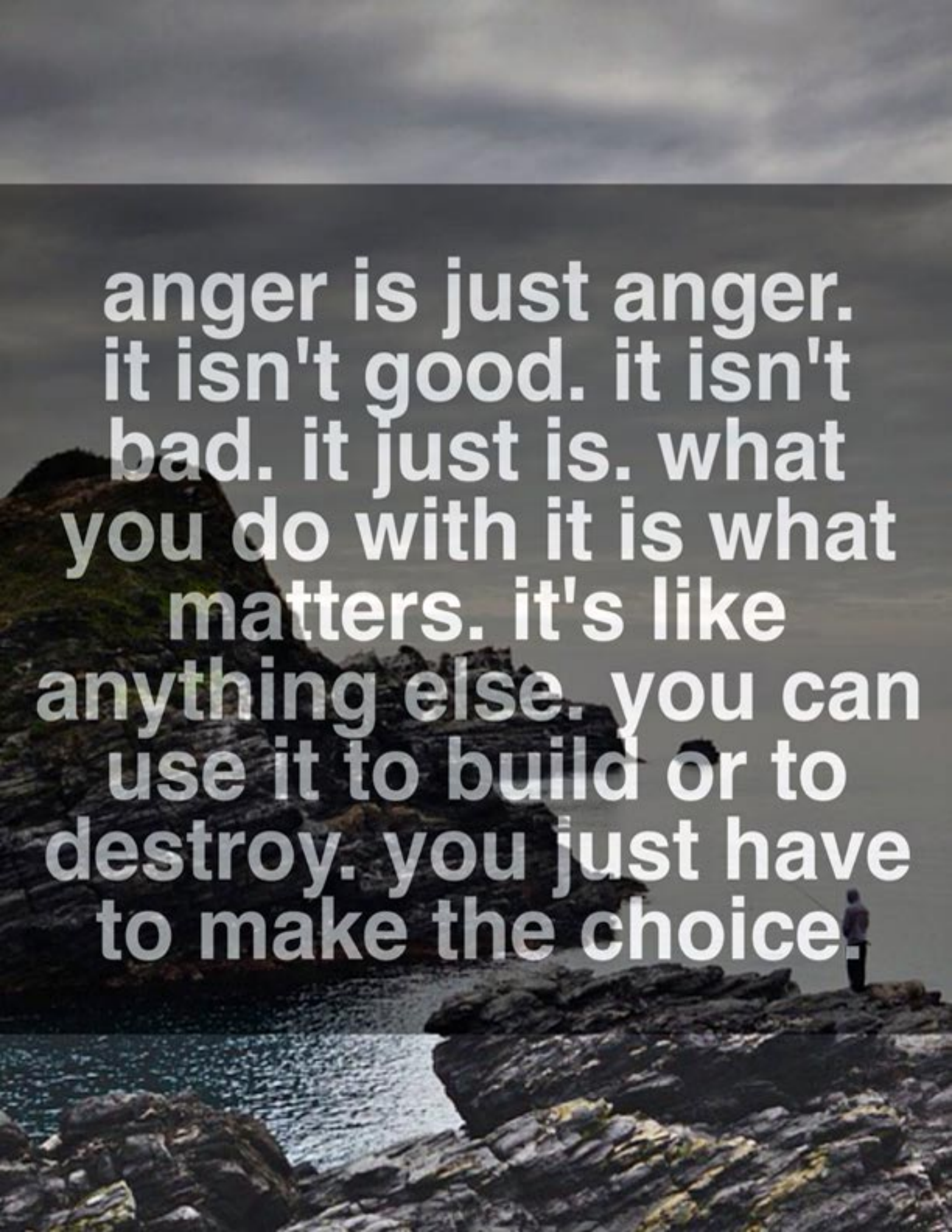
Today's Suggested Topic is...

ANGER

If we were to live,
we had to be free from anger.
The grouch and the brainstorm
were not for us.
They may be the dubious luxury
of normal men, but for alcoholics
these things are **poison**.

(Alcoholics Anonymous pg. 66)

anger is just anger.
it isn't good. it isn't
bad. it just is. what
you do with it is what
matters. it's like
anything else. you can
use it to build or to
destroy. you just have
to make the choice.





Where there is anger, there
is always pain underneath.

Eckhart Tolle

ANGER 101

Anger is a feeling of frustration and dislike when something we perceive as unfair, painful or bad happens to us.

1 Anger is a valid emotion.

Anger is a completely normal, usually healthy, human emotion

Anger

ANGER is only one letter short of DANGER

2 Anger is a secondary emotion.

Anger is often the result of another emotion such as sadness or fear. See iceberg

Humiliation Frustration

Not in Control

Sadness Rejection

Guilt Fear

Hurt

4 Angry behavior is learned

We learn how to express anger by observing others.



3 Anger is caused by internal and external events and affects our:



Thoughts



Body



Behavior

5 There are healthy ways to express anger



Meditate



Exercise



Breathing

Four Types of Anger

1. **Anger at Self** - anger directed inwardly at oneself. The anger sits inside and burns and festers. Most people turn 90% of their anger inwards at themselves.
2. **Anger at Other** – anger directed outward. This type of anger builds upon itself and can frequently lead to rage. Usually comes out at wrong person, at the wrong time and in the wrong manner.
3. **Disappointment** - anger plus sadness; usually involves a judgment that has not been met.
4. **Constructive Anger** - an anger that prompts you to act in a positive manner to remove the obstacle from your path.

Anger and Adults - What is Anger Management?

It's **your** fault for making me so angry!

Don't look at me like that again..

He can't help it... it's just how he is

Now look at what **you** made me do!



Anger Styles

Aggressive:

When you're angry, everyone knows it. You might yell or throw things. There's a need to control the situation.

Passive:

You keep your anger to yourself and shove it down to avoid it. It wears away at you from the inside out.

Passive Aggressive:

You express your anger indirectly.
You may say one thing and then do another.

Projective Aggressive:

You give your anger to others to deal with or you get others angry so you aren't the bad guy.

Assertive:

You openly express your anger and then try to work it out with the other person and move forward.

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SIX TOP TIPS

FOR MANAGING YOUR ANGER

REMEMBER:

Your thoughts cause your anger, not the other person

ASK:

Is my anger going to help me achieve my goals to be non-violent and respectful?

STOP:

Being defensive. Listen to the other person and try to understand their perspective

THINK:

Where am I on the Tension/Stress Scale?

PRACTICE:

Deep breathing and relaxation techniques

IF NECESSARY:

Walk away and calm down

THE ANGER AND VIOLENCE LADDER





ANGER METER

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I feel this way when...

I can use this coping skill
to calm myself back down...

EXPLOSIVE

You are so upset that you have no control over yourself, you may do or say things you don't remember and could hurt someone or yourself.

ANGRY

You are mad and it's all you can think about. You can't sort out all of your feelings but you feel like you are going to do or say something you shouldn't.

FRUSTRATED

You are upset about something and you can't stop thinking about it. You need a break or to use a coping skill.

IRRITATED

Something is annoying you but you can easily let it go and move on.

CALM

Things are going well and nothing is bothering you.

ANGER

VERSUS

RAGE

ANGER

A strong feeling of displeasure and belligerence aroused by a wrong

A negative emotion

Has several levels, which can be repressed and not manifested to the outside

Can last longer since it can be kept hidden

RAGE

Ultimate manifestation of extreme anger

Uncontrollable or violent phase of extreme anger

Ultimate manifestation of extreme anger that has welled up inside a person for a long time

Violent, results in hostile behaviour

Anger cannot be overcome by anger.

If someone is angry with you,
and you show anger in return, the result
is a disaster. On the other hand, if you

control your anger

and show its opposite – love,
compassion, tolerance and patience –
not only will you remain
peaceful, but the other person's anger
will also diminish.

- Dalai Lama



DAILY INSPIRATIONAL QUOTES

6 Steps to Solving Anger Problems

- 1. Get yourself ready for a talk.**
You want to be calm.
- 2. Say what the problem is.**
Say this in a firm but respectful way.
- 3. Listen to the other person.**
Nod; don't interrupt. Repeat back what you think the person means. Ask questions if you don't understand.
- 4. Explain how you feel.**
Use I-messages to do this.
- 5. Talk about ideas for solving the problem.** Try to think of lots of good ideas.
- 6. Choose an idea to try.**
Also set a time to see how it's going.

✓ Think before you speak

✓ Once your calm, express your anger

✓ Get some exercise

✓ Take a timeout

✓ Identify possible solutions

✓ Stick with 'I' statements

✓ Use humor to release tension

✓ Practice relaxation skills

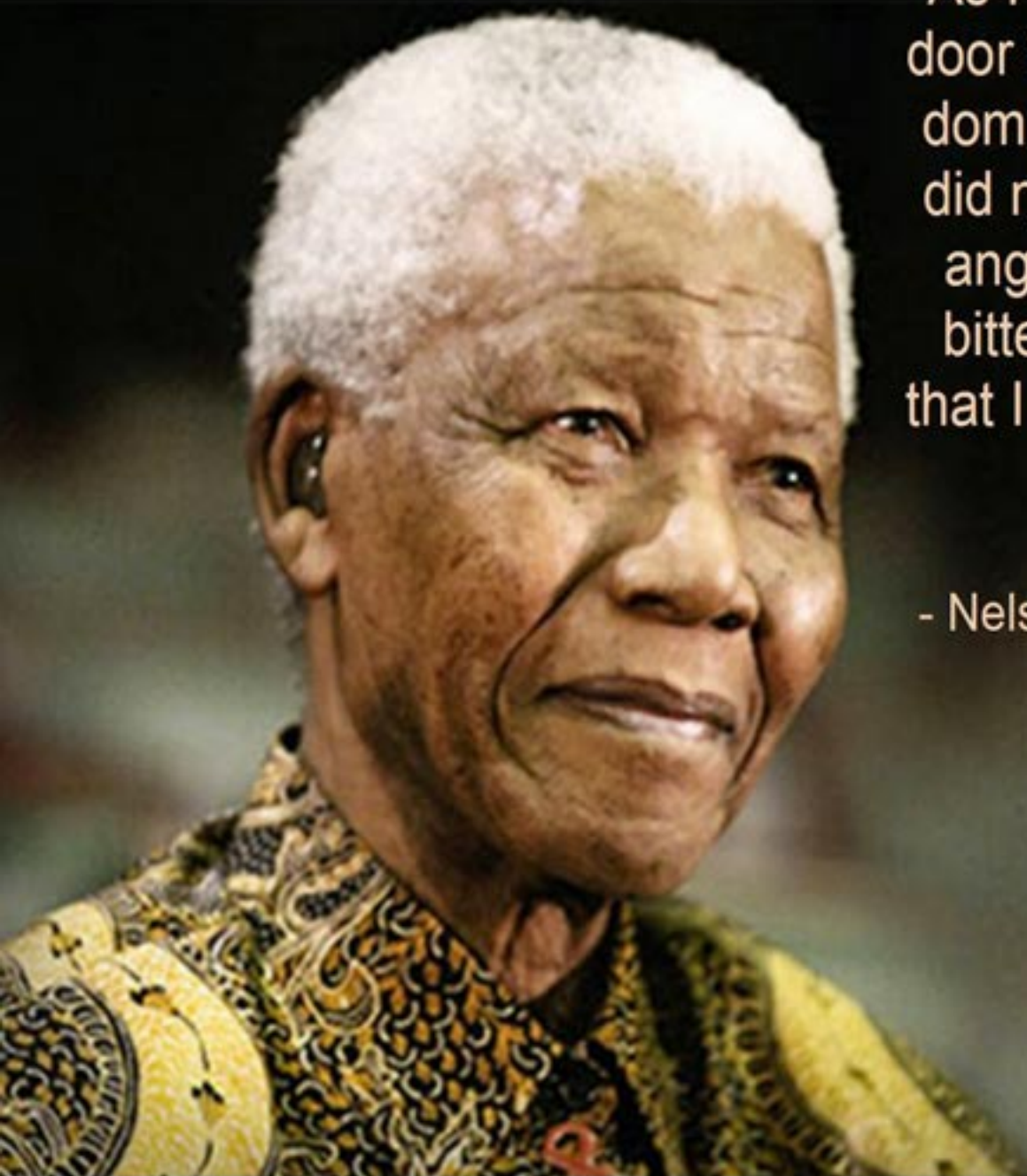
✓ Know when to seek help



#MentalHealthPH

TIPS ON HOW TO MANAGE ANGER





As I walked out the door toward my freedom, I knew that if I did not leave all the anger, hatred and bitterness behind, that I would still be in prison.

- Nelson Mandela