



Anger

Anger releases adrenaline and can take a while to get rid of.

Anger is not the problem; it's what you do with it that is the issue.

Anger can be healthy because it can motivate people to listen to you when you are angry.

Anger can motivate you to get working on an issue you disagree with.

Anger is a build up of simmering emotions that can lead to boiling point.

Anger issues can be family issues.

When people try to shut down their anger it can result in passive aggressive behaviour.

Anger isn't easily produced in a vacuum – it results from another reaction.

The first thing to do when getting angry is to:

1. Take 10 seconds out – or longer
2. Breathe in deeply and practice relaxation skills, e.g. imagine going to a happy place
3. Get physical exercise right away – to use up adrenaline and stimulate positive endorphins
4. Think before you speak
5. Express what you are angry about and identify solutions
6. Remember that anger will not fix anything
7. See what emotion is causing the anger, e.g. fear, shame, revenge, frustration, sadness and depression
8. Don't hold a grudge / resentment / an offence
9. Forgive the person seen as guilty of the cause of the anger
10. When talking to the person seen as guilty, always use "I" statements and not accusatory "You" statements
11. Delay a discussion until tempers fade, but make it clear that the discussion will take place in a certain time
12. Humour defuses anger – you can't do both at the same time – but don't use sarcasm.
13. Write down what is felt

If anger gets out of control, professional help will be needed. Anger management counselling helps recognize the process of anger, the causes and coping mechanisms.

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