

Anger Management

Presented by:

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What is Anger?

- Anger is a basic human emotion that is experienced by all people.
- Typically triggered by an emotional hurt, anger is usually experienced as an unpleasant feeling that occurs when we think we have been injured, mistreated, opposed in our long-held views, or when we are faced with obstacles that keep us from attaining personal goals.

What Causes Anger?



Anger can be caused by both external and internal events.



You could be angry at a specific person (Such as a coworker or supervisor) or event (a traffic jam, a canceled flight), or your anger could be caused by worrying or brooding about your personal problems.



Memories of traumatic or enraging events can also trigger angry feelings.

How Does your Body React to Anger?

- Blood pressure rises.
- Feeling hot.
- Heart racing.
- Blood flow quickens.
- Muscles tense.
- In other words, the body shifts into higher gear, generating energy needed for action.

Consequences of Anger

- Failing to deal with your anger may lead to:
 - Health Problems
 - Tension
 - Accidents
 - Interpersonal Problems
 - It may also lead to: Crime, abuse, violent behaviors.

Anger...

- It is important to understand anger because the way you express it can be:
 - **HELPFUL:** Venting anger can get you “fired up” so you can overcome obstacles and Achieve Goals.
 - **HARMFUL:** When you ignore anger or express it in a negative way, it can hurt you and others.

How Does Anger Effect Relationships?

- People who are around an angry person tend to shut down in order not to anger that person.
- It can lead to hurt feelings.
- Other people become defiant, become indifferent, avoid you, or lose respect for you.
- Anger can result in domestic violence.

Importance of Anger Management

- The goal of Anger Management is to reduce both your feelings and the physiological arousal that anger causes.
- You can't completely get rid of, or avoid, the things or the people that enrage you, nor can you change them, but you can learn to control your responses.

Anger Management Tips

- **Your style of communicating can greatly impact your ability to resolve conflict!**
- **Passive:** a style in which individuals have developed a pattern of avoiding expressing their opinions or feelings, protecting their rights, and identifying and meeting their needs.
- **Aggressive:** a style in which individuals express their feelings and opinions and advocate for their needs in a way that violates the rights of others. The other person is often bullied, and their needs are ignored.
- **Passive-Aggressive:** a style in which individuals appear passive on the surface, but are really acting out anger in subtle, indirect ways. May feel powerless, stuck, and resentful.
- **Assertive:** a style in which individuals clearly state their opinions and feelings, and firmly advocate for their rights and needs without violating the rights of others.

Anger Management Tips

Explore what's really behind your anger.



Have you ever gotten into an argument over something silly?



Big fights often happen over something small, like a dish left out or being ten minutes late. But there's usually a bigger issue behind it. If you find your irritation and anger rapidly rising, ask yourself, "What am I really angry about?"



Identifying the real source of frustration will help you communicate your anger better, take constructive action, and work towards a resolution.

Anger Management Tips

- Be aware of your anger warning signs by paying attention to the way anger feels in your body.
 - Knots in your stomach
 - Clenching your hands or jaw
 - Feeling clammy or flushed
 - Breathing faster
 - Headaches
 - Pacing or needing to walk around
 - Pounding heart
 - Tensing your shoulders

Anger Management Tips



Identify your triggers



Stressful events don't excuse anger but understanding how these events affect you can help you take control of your environment and avoid unnecessary aggravation.



Look at your regular routine and try to identify activities, times of day, people, places, or situations that trigger irritable or angry feelings.



When you identify your triggers, think about ways to either avoid them, cope with them, or view the situations differently.

Anger Management Tips

- **Negative thought patterns that can trigger anger :**
 - **Over generalizing:** Avoid words like "never" or "always." Such generalizations are usually inaccurate and will heighten tensions.
 - **Obsessing over “shoulds” and “musts.”** Having a rigid view of the way a situation should or must go and getting angry when reality doesn't line up with this vision.
 - **Mind reading and jumping to conclusions:** Assuming you “know” what someone else is thinking or feeling—that they intentionally upset you, ignored your wishes, or disrespected you.
 - **Overlooking positives:** Looking for things to get upset about, usually while overlooking or blowing past anything positive. Letting these small irritations build and build until you reach the “final straw” and explode, often over something relatively minor.
 - **Blaming.** When anything bad happens or something goes wrong, it's always someone else's fault. You tell yourself, “life's not fair,” or blame others for your problems rather than taking responsibility for your own life.

Anger Management Tips

- **Take slow, deep breaths through your abdomen** (Diaphragmatic breathing). Deep, slow breathing helps counteract rising tension.
- **Get moving.** A brisk walk around the block is a great idea. Physical activity releases pent-up energy so you can approach the situation with a cooler head.
- **Use your senses.** You can use sight, smell, hearing, touch, and taste to quickly relieve stress and cool down. You might try listening to a favorite piece of music, looking at a treasured photo, savoring a cup of tea, or stroking a pet.
- **Stretch or massage areas of tension.** Roll your shoulders if you are tensing them, for example, or gently massage your neck and scalp.
- **Slowly count to ten.** Focus on the counting to let your rational mind catch up with your feelings. If you still feel out of control by the time you reach ten, start counting again.

Anger Management Tips

- **Put yourself in the other person's shoes.** Allow yourself to be wrong some of the time.
- **Set a time limit for anger.**
- **Make the relationship your priority.** Maintaining and strengthening the relationship, rather than “winning” the argument, should always be your priority.
- **Respect the other person and their viewpoint.**
- **Focus on the present.** Once you are in the heat of arguing, it's easy to start throwing past grievances into the mix. Rather than looking to the past and assigning blame, focus on what you can do in the present to solve the problem.

Anger Management Tips

- **Be willing to forgive.** Resolving conflict is impossible if you're unwilling or unable to forgive. Resolution lies in releasing the urge to punish, which can never compensate for our losses and only adds to our injury by further depleting and draining our lives.
- **Taking time outs.** If your anger starts to spiral out of control, remove yourself from the situation for a few minutes or for as long as it takes you to cool down.
- **Know when to let something go.** If you can't come to an agreement, agree to disagree. It takes two people to keep an argument going. If a conflict is going nowhere, you can choose to disengage and move on.
- **Use humor to relieve tension.** When things get tense, humor and playfulness can help you lighten the mood, smooth over differences, reframe problems, and keep things in perspective.

Anger Management Tips

1

Use Reflective Listening

2

Before responding to your partner, restate what they have said to you in your own words.

3

Continue this process until your partner agrees that you understand.

4

Share your side. Your partner reflects back your ideas in their own words until they too understand.

Give yourself a reality check

- When you start getting upset about something, take a moment to think about the situation. Ask yourself:
 - How important is it in the grand scheme of things?
 - Is it worth getting angry about it?
 - Is it worth ruining the rest of my day?
 - Is my response appropriate to the situation? Is there anything I can do about it?