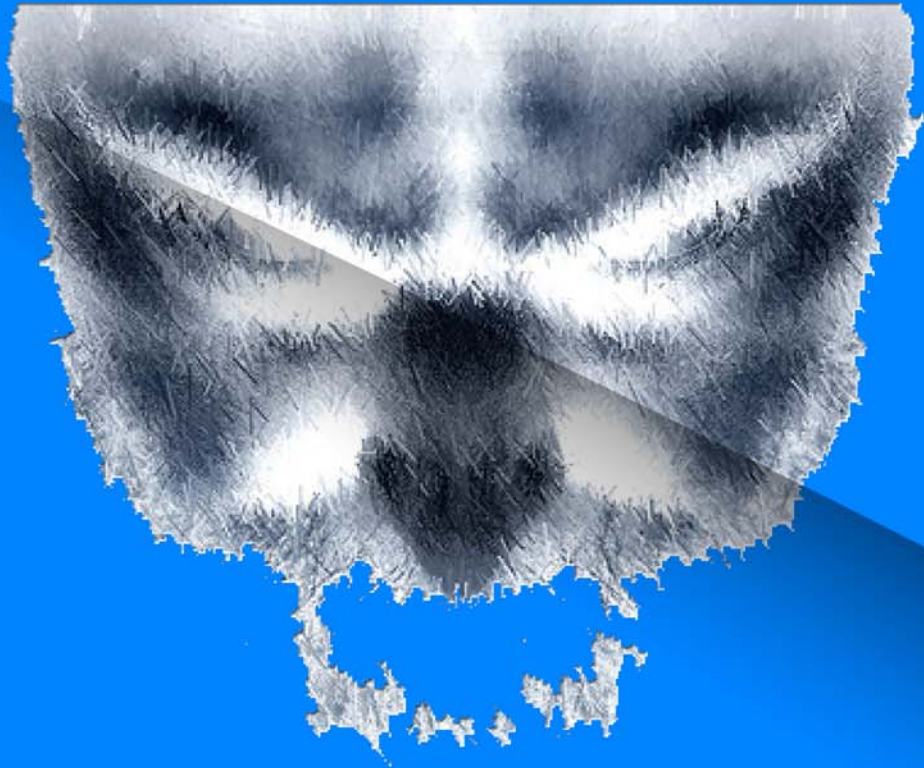


Version - 1.0



**HOW TO EFFECTIVELY
MANAGE YOUR ANGER**
Selected Anger Management Tips

by Giovanni Farotto
<http://angermanagement.free.fr>

HOW TO EFFECTIVELY MANAGE YOUR ANGER

Selected Anger Management Tips

By Giovanni Farotto
angermanagement.free.fr

Version 1.00
October, 2009

Limits of Liability & Disclaimer of Warranty

The author and publisher of this ebook and the associated materials have used their best efforts in preparing this material. The author and publisher make no representations or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this material. They disclaim any warranties expressed or implied, merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. If you have any doubts about anything, the advice of a competent professional should be sought.

DISCLAIMER AND TERMS OF USE AGREEMENT:

(Please Read This Before Using This Report)

This information in this course is for educational and informational purposes only. The content is not presented by a professional, and therefore the information in this course should not be considered a substitute for professional advice. Always seek the advice of someone qualified in this field for any questions you may have.

The author and publisher of this course and the accompanying materials have used their best efforts in preparing this course. The author and publisher make no representation or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this course. The information contained in this course is strictly for educational purposes. Therefore, if you wish to apply ideas contained in this course, you are taking full responsibility for your actions.

The author and publisher disclaim any warranties (express or implied), merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable to any party for any direct, indirect, punitive, special, incidental or other consequential damages arising directly or indirectly from any use of this material, which is provided "as is", and without warranties.

As always, the advice of a competent legal, tax, accounting, medical or other professional should be sought. The author and publisher do not warrant the performance, effectiveness or applicability of any sites listed or linked to in this course.

All links are for information purposes only and are not warranted for content, accuracy or any other implied or explicit purpose.

The author and publisher of this ebook and the associated materials have used their best efforts in preparing this material. The author and publisher make no representations or warranties with respect to the accuracy, applicability, fitness, or completeness of the contents of this material. They disclaim any warranties expressed or implied, merchantability, or fitness for any particular purpose. The author and publisher shall in no event be held liable for any loss or other damages, including but not limited to special, incidental, consequential, or other damages. If you have any doubts about anything, the advice of a competent professional should be sought.

You Have Free Distribution Rights To This Ebook

This means:

- You can give it away as a gift to your friends.
- Include it as a bonus to a product you're selling.
- Use it to build your mailing list.
- You **cannot** sell this ebook.
- You **cannot** modify this ebook in any way.
- You **cannot** spilt it into articles.
- You **cannot** use it as web content.

That's it.

About the Author



My name is **Giovanni Farotto**. I am an engineer specialized in the field of industrial acoustics and with a strong passion about the internet.

This passion boosted me to explore the world of web publishing, by creating web sites, blogs, contributing on authoritative website like Selfgrowth.com and Ezinearticles.com and publishing books like this one.

In this book you will find some useful resources that can help you achieving a better comprehension of anger and anger management.

This book is a gift for you.

Feel free to pass this book to anyone you know would benefit from it.

You can reach me by mail at angermanagement@free.fr on my blog's pages at <http://angermanagement.free.fr/blog>

Table of Contents

About the Author	4
Table of Contents.....	5
Information On Recognizing Anger	6
What Is Anger Management?	8
How To Know What Provokes Anger.....	11
Anger Management And Domestic Violence	13
Anger Management And Reinforcing Negative Behavior	14
Anger Management And Substance Abuse	15
Anger Management And Child Abuse.....	16
Anger Management Courses: Why do You Need Them?	18
Finding the right anger management course:.....	18
Why you would want to enroll in such a course:.....	19
Keep Your Coolness With These Anger Management Tips.....	20
Anger Management Tips To Use In Stressful Situations.....	21
Learning Healthy Anger Management Strategies	23
Benefiting From Anger Management Groups	25
The Pertinent Role Of Anger Management Counseling	27
Recognize the adverse effects anger could cause.....	27
The plus points of anger management counseling.....	27
Why Not Watch An Anger Management Movie?.....	28
Sources Of Free Anger Management Advice	30
More Free Resources	31

Information On Recognizing Anger

Anger is of different types, and can be classified into categories. Recognizing the classification of your anger will help you deal with it better in the long run.

1. **Behavioral Anger:** When a person experiences behavioral anger, he or she usually confronts the subject that angers them, which is usually another person. Physical harm may follow verbal rudeness. Such are the characteristics of behavioral anger.
2. **Chronic Anger:** A person that suffers from chronic anger does not always have a rational explanation of why he is angry all the time. Such people hate the world that they live in, hate themselves, hate everybody else and generally fly into tempers at the slightest motivation.
3. **Constructive Anger:** A person who deals with his anger by canalizing the anger into a constructive path such as self improvement is said to have constructive anger. This is often a result of self help and anger management courses.
4. **Deliberate Anger:** When a person deliberately poses as he has anger, often as a ploy to control subordinates, this type is called deliberate anger. It is usually a fake enacting of anger, but could escalate into other forms of anger occasionally. Deliberate anger also leaves quickly, especially when confronted.
5. **Judgmental Anger:** people suffering from this form of anger usually put other people down in front of gatherings, to try and make themselves look superior.
6. **Overwhelming anger:** As the name suggests, this form of anger exists when the emotion has really got to the root of a person. People experiencing overwhelming anger just cannot stand the situation they are in, and often find destructive means of relieving themselves by self hurt or by hurting other people physically.
7. **Paranoid Anger:** The paranoid form of anger is totally without just cause. People often work themselves into a frenzy imagining that someone was against them. This is called paranoid anger.

“Recognizing the classification of your anger will help you deal with it better in the long run”

8. **Passive Anger:** This is a somewhat controlled form of anger where the person experiencing it does not directly show his anger. Instead he resorts to mocking the person who angers him, in a sarcastic manner.
9. **Retaliatory Anger:** This happens as a result of another person's anger towards you. When you retaliate in self defense in an angry manner, this is called retaliatory anger.
10. **Self Inflicted Anger:** Here, a person who is angry with himself punishes himself by inflicting pain upon his own body. This is a common phenomenon with drug addicts.
11. **Verbal Anger:** Here, the only damage that is done is verbal abuse to other people. This could often be the beginning of other forms of anger.
12. **Volatile Anger:** This could range from mild anger to an absolute fury, and leaves just as suddenly as it comes. The intensity and the time depends on how well it is controlled by the individual.



What Is Anger Management?

Whether it is road rage, a provoked emotional outpouring of anger, or losing your temper over something silly, every one of us have lost our tempers at one time or another.

Anger management only becomes an issue when we are no longer able to control our anger, and have **destructive outbursts**.

A destructive outburst does not necessarily mean that you have broken something, or physically hurt someone, as a manifestation of your anger, it just means that, because of your inability to control your angry responses to a real or perceived stimulus, you have done something harmful to someone, something, or even to yourself.

While anger is natural to feel, reacting to situations and people that make one angry is very much something that can be controlled as uncontrollable anger can have negative consequences that are harmful for the person and those around him also.

Anger can take many forms: the mildest one is **irritation** or **annoyance** and build up to **rage** or an individual becoming **furios**. It all depends on the type of personality experiencing and reacting to a certain intolerable situation that is disagreeable to them; some persons have the nature to retreat to silence, others react aggressively and some get on the defensive.

Angry outbursts that are of a violent nature must be controlled and governed by sensible, mature action for a healthy adult to stay calm and collected, a prerequisite for normal behavior in society. Even bottling up anger is not good since the emotions rage on inside and harm a person; therefore, addressing the root cause and finding ways to cope with it in a positive way is very important.

When your anger controls you, you may feel you are at the mercy of something that you can not control. Anger can cause you to do things you normally would never do, and even things you could regret for the rest of your life. Anger can even affect your physical well-being in more ways than one.

Studies have shown that anger causes your heart rate and blood pressure to rise. Hormones, like adrenaline and noradrenalin, also rise when you are angry.

Anger can push you backwards emotionally, into the cave men era, when the fight or flight

“Angry outbursts that are of a violent nature must be controlled and governed by sensible, mature action”

response was the only way to stay alive in an uncivilized world, so not only does uncontrolled anger effect your life in the areas of your personal relationships with others, it effects you physically as well.

Those individuals that become careless and abusive when faced with a difficult situation need counseling and help for controlling their reactions and taming their anger; this is what anger management programs are all about.

Admitting there is a problem, identifying the cause of the anger and working on the trigger-factors covers the range of anger management programs for adults. Counseling, one-to-one sessions and group support discussions with similarly placed individuals are some ways included in anger management programs that help persons with anger-issues address their problem and recognize what is making them angry, where after they are guided towards accepting responsibility for their reactions and taught how to display or react to angry situations in a calm, mature and non-conflicting manner instead of playing the blame game.



Anger management lessons emphasize on an individual's actions and reactions to an angry situation and teaching them appropriate ways to direct that emotions, without harming themselves or others around them.

While anger management is the answer to controlling and preventing angry outbursts and fits of rage that can be reckless in an individual, **getting professional help** or admitting the problem is not easy for many; it is therefore important to convince such persons that they need to get help immediately to avoid major problems in future life as though anger is normal, violent rage is not. Uncontrolled anger can lead to many losses such as job, family life and even the identity of a person and this must be explained to those people with anger-issues.

Anger management should be regarded as a step towards ensuring a better quality of life rather than a punishment and individuals concerned must be persuaded to understand the depth of their problem if unresolved anger-issues are left bottled up, how enslaving it can be for a person later on in life. Thus, the importance of anger management strategies and techniques should be emphasized, such as signing up for programs designed for different people: children, adults, couples and families besides those facing anger-issues at work.

These aim at teaching people ways to work out their problems after identifying the cause, controlling and redirecting the anger in a positive way and living towards a happy, healthy life instead of letting the anger rule their life - and possibly ruin it, if left unaddressed.

Anger management is a learned skill, so it's more common in youngsters and teens, who have not learned good coping skills to deal with their anger. Should you feel you are at risk of losing your temper in a way that could harm you, or others, you should always seek professional help. Ask your parents, pastor, physician, school counselor, or a trusted, responsible friend for help.

The following is **a quick list of suggestions** for when you begin to feel your anger getting out of control.

1. Take a time out. Just take a break away from the object of your anger.
2. Beat a pillow or punching bag.
3. Draw or illustrate your feelings of anger.
4. Write about your feelings.
5. Run around the block, exercise, or do hard physical labor.

These may not be long term solutions, but can provide an opportunity for your initial feelings of rage a chance to cool, so you can think more logically about your options for anger management.

For other more advanced techniques, go on reading.

How To Know What Provokes Anger

In order to develop good anger management techniques, you must first understand what provokes anger, and the body's natural response to anger. Anger is precipitated by the body's natural chemical responses to increased physical arousal, emotions, and accompanying behaviors, that result when a person feels threatened, or perceives a threat or loss. The threat does not necessarily have to be a threat of personal, physical harm. It can be a threat to their self-esteem, when they believe their feelings are challenged or discounted by another.

The body naturally responds to any perceived threat by producing adrenalin to prepare for "fight or flight." How a particular person responds to these threats is due, in large, to how they have been conditioned as a child or learned later in life, whether with good anger management techniques or negative ones. Many abuse victims are conditioned to respond violently, and learn verbal, mental, or physically abusive behaviors from others, and never develop positive anger management techniques. Every person has triggers that set off their anger. Here are the most common reasons people become angry:

The body naturally responds to any perceived threat by producing adrenalin to prepare for "fight or flight." How a particular person responds to these threats is due, in large, to how they were conditioned as a child or learned later in life, with good anger management techniques or negative ones. Many abuse victims are conditioned to respond violently, and learn verbal, mental, or physically abusive behaviors from others, and never develop positive anger management techniques. Every person alive has triggers that set off their anger.

Here are the most common reasons people become angry:

"Anger causes:"

- Threats, or perceived threats to their body or property.
- A threat to their values (disagreeing with something someone is doing, such as kicking a dog, or not following the rules).
- When someone insists they do something they don't want to do.
- When someone hurts or betrays them, and they feel a loss of trust.
- When they attempt to escape guilty feelings over something they do not want to feel or admit to themselves.
- When they believe their feelings are discounted, and their sense of self esteem is compromised.

- When expectations are not met (realistic, or unrealistic expectations) and they don't get their way.

Recognizing what provokes your anger, or what pushes your buttons, is the first step toward implementing good anger management techniques.

Try to recognize signs that you are getting angry, such as:

“Anger symptoms:”

- Heart Pounding
- Sweating, especially sweaty palms
- Tunnel vision
- Fist or jaw clenching
- Buzzing sound in your ears
- Headache or dizziness

When you are able to recognize the symptoms of your anger when they begin, you are much more likely to walk away. Once the initial adrenaline rush of anger passes, you are much more likely to react with proactive, good anger management techniques, such as discussion, or simply distancing yourself from the people or events you know will provoke your anger.

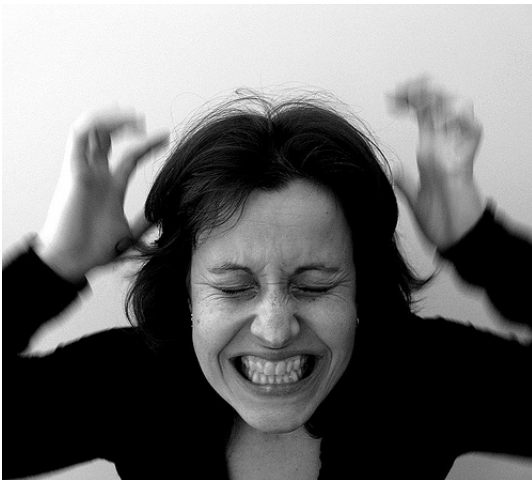
Anger Management And Domestic Violence

Anger Management has become highly publicized, and statistics show that one of the most insidious forms of violence, domestic violence, is on the rise, and the old adage that you hurt the ones you love proves, all too often, to be true. Men commit 95% of all violent crimes.

Domestic violence is the top cause of emergency room visits by women. During the Vietnam War, more women were murdered at home than men killed on the battlefield.

Just like anger management is a learned behavior, so are the cycles of violence that define domestic violence in all its forms. Abuse of marital, or life partners, has seen a steady increase in all socioeconomic statuses of people everywhere. Child abuse has escalated steadily over the years, and more and more angry parents are in counseling with equally angry, out of control children. It seems clear that better methods of communicating, dealing with the most intimate of interpersonal relationships, and productive methods of anger management are vital in today's world.

“Domestic violence is the top cause of emergency room visits by women”



Whether you blame violence on television, in movies, in video games, or within the families themselves, everyone realizes some proactive steps need to be taken to stop the cycle of violence, and teaching good anger management techniques seems to be the most popular choice to accomplish that task. Domestic violence often has its root in men with low self-esteem, who over react to imagined wrongs and rejections, and is most prevalent in homes of young, unskilled males, who are substance abusers.

It is never right for anyone to be abused. Many female victims of spousal abuse are often coerced into believing they are to blame for the violence against them, but nobody deserves to be abused. Everyone deserves to live and be safe, and any victim of domestic violence should seek legal and professional help centered in positive anger management techniques.

Anger Management And Reinforcing Negative Behavior

Poor anger management leads to violence, and violence has a way of getting out of control, until it takes control of the lives of everyone involved. Reinforcing negative behaviors by rewarding a person's verbally abusive behavior (allowing it, excusing it and returning to things as usual) will increase such behavior. When family members indulge the aggressive person, their violent tendencies not only remain, they are known to actually allow the person's poor anger management to escalate to more serious, or harmful behaviors, and can ultimately escalate into physical violence.

When angry people learn there won't be consequences for inappropriate behavior, they can continue without fear of reprisal. Children, who grow up in this type of family dynamic, learn by modeling this destructive behavior.

The cycle of poor anger management continues, because children in dysfunctional families learn at an early age that, to get what they want, it is okay to destroy things, and hurt others.

A very prevalent dynamic in abusive relationships is guilt and remorse for angry outbursts, followed by begging forgiveness and promising to change, but in the absence of help in developing good anger management skills, the cycle continues, and, since the negative behavior is reinforced, and there are no consequences for the negative behaviors, the violence escalates.

Some people who get angry just cannot talk about the problem. This type person emotionally distances themselves to take care of their anxiety, while the others involved need to talk to bring about closure, so they can deal with their own anxiety related to the anger and outbursts with which they are faced.

These relationships feed on cycles of violence that progressively escalate until the family unit falls apart, or they are forced to seek help, by loved ones, or the judicial system, to develop good anger management skills.

“A very prevalent dynamic in abusive relationships is guilt and remorse for angry outbursts”

Anger Management And Substance Abuse

Anger that comes out when someone is drinking or high on drugs can be extremely destructive. Never, should you try to talk to, or reason with, or argue with someone who is under the influence of alcohol or drugs. Inebriated people are unable to process information correctly through the haze of alcohol and/or drugs.

Substance abuse impairs decision making, and inhibitions and result in the loss of patience. If you are in an altercation with someone under the influence of any substance, leave and do not return until the individual is sober. A steadfast rule should be to never stay around to be abused by someone who is out of control with alcohol or drugs.

If you are closely involved with someone who has an abuse problem related to substance abuse or misuse, learn from people who have been where you are now—in relationships with angry people with abusive tendencies related to substance abuse.

People in the twelve step programs have been on the front line of your problem. These self-help groups offer your free education about the types of problems that you are facing. Look for a program where you feel comfortable, and make a choice based on where you feel you get the most support, and the information and encouragement to take proactive measures to make sure you are not in harm's way.

Once the person is calm and sober, then they should be confronted with their substance abuse and related Anger management issues.

Substance abuse counseling, treatment, and anger management training can benefit people with substance abuse related anger control problems, but the bottom line is, you have a responsibility to yourself and those you love to separate yourself from such a person until they get help both for their substance abuse problems and their anger management issues.



Anger Management And Child Abuse

Poor anger management is the primary cause of physical abuse resulting in serious injury or death of children.

In 2004, it is estimated that 1,490 children died due to child abuse or neglect. Over 80% of the children who were killed were younger than four years old, approximately 12% were four to seven years old, 4% were eight to eleven years old, and 3% were twelve to seventeen years old.

Shaken Baby Syndrome, an injury directly related to poor anger management skills, in which a parent, usually the mother of the child, becomes angry, and shakes the baby, causing severe brain damage, affects between 1,200 and 1,600 children every year.

*“In 2004, it is estimated that
1,490 children died due to
child abuse or neglect”*

Approximately 25% to 30% of these babies die each year, and nonfatal consequences of this lack of anger management skills, include varying degrees of visual impairment, motor impairment such as cerebral palsy, and cognitive impairment.

For Federal fiscal year 2004, an estimated three million children were alleged to have been abused or neglected and received investigations or assessments by State and local child protective services (CPS) agencies. Approximately 872,000 children were determined to be victims of child maltreatment.

This loss of precious life was due to child neglect and abuse. Every, single case of children dying from physical abuse were the result of poor anger management, poor anger management due to mental defect, or poor anger management due to mental defect due to substance abuse.

Though the cost of a precious life can not be measured in dollars and cents, the direct costs (judicial, law enforcement and health system responses to child maltreatment) are estimated at over twenty-four billion dollars each year.

The indirect costs (long-term economic consequences of child maltreatment) exceed an estimated sixty-nine billion dollars annually.

In the vast majority of cases, the abusive parent or parents were abused when they were children.

This is a curse that keeps on giving, and is handed down from generation to generation, due to a destructive cycle of poor anger management resulting in the abuse of children.



Anger Management Courses: Why do You Need Them?

There are only a few people who can honestly say they have their anger under control. Most of us do fly into rages when the right strings are pulled by other people or by situations that come up every now and again.

You do not have to have made a crucial mistake to register yourself in an anger management course.

You need to do so before that happens. As it is wisely said, a stitch in time saves nine, and that is only too true with anger management. Take control of your anger before you cause some serious damage.

Employers often arrange seminars and guest lectures on anger management, because they know that when tempers are under control, there will prevail a better work environment in the company. This is especially true with jobs where deadlines are tight. Non Government Organizations also arrange anger management courses every now and again, most of which are free for all to attend. That's a great place to start if you are looking to get that anger under control.

“Take control of your anger before you cause some serious damage”

Finding the right anger management course:

The internet is a great place to begin looking for the right course in anger management. You will also find a number of e-books and articles on the subject, many of which would be free to download.

Most organizations will have their advertisements published online, and you could well find an anger management course in your city simply by looking online. If that doesn't work, try the yellow pages. **The right anger management course could be just a phone call away.**

Why you would want to enroll in such a course:

Well, the foremost reason is that it is going to help you live a better life. However, some people would not want to accept that they need help, and the worst cases usually fall into this category, It would be great for a trusted friend or family member to intervene as counselor to such people.

Chronic abusers and recovering drug addicts are people who definitely need help with anger management. This is however not so easy at times. It is a difficult task to convince someone they need help when they do not want to accept the fact. It is better to leave the counseling to the trained professional psychologists and counselors. It is enough if you as family member or friend, could convince the person in question, to meet with a professional.

Once a person is enrolled in an anger management course, that's half the battle won right there. In just a few sessions he or she realizes they are getting in control of their emotions and therefore in control of their lives, and that's not a feeling that anyone dislikes.



Keep Your Coolness With These Anger Management Tips

Life sure is unpredictable. You never know what could happen to you with every new day, for better or for worse. We deal with all kinds of people and with all kinds of situations. But one thing is for sure – we do face people and situations that irritate or anger us. So, it is better to face the fact that we do get angry at times and to start dealing with it for our own good.

Often at work, we let people get to us. Do evaluate if somebody is purposefully trying to make you angry. If this is true, then there's all the more reason for you not to let them get the satisfaction of driving you up the wall.

Keep your coolness!

On the other hand, if someone gets on your nerves without meaning to do so, you need to curb this kind of anger as well, or you may end up hurting somebody for no apparent fault of theirs. If this is the case, a friendly chat may be the solution.

“Get in control of your anger and release it in doses when and if required”

When anger appears as a result of direct provocation, it is usually with an intention to get you into some sort of trouble. Do not let that happen. Instead, breathe in and breathe out calmly, and you will clear your mind by doing so. The minute you fly into uncontrolled rage, you've already lost the battle. If you are the object of someone else's anger, try and get your self as well as him under the effect of calmness, by speaking in a soft tone. It is the natural feeling to shout at the other, but try and avoid that; you may resolve the situation in a matter of seconds this way.

If you find yourself in a trying situation where you cannot actually display your anger, you could vent it into something harmless like scribbling on a piece of paper. This works well especially in places like formal meetings and business discussions. Physical exercise is another great way to lose some anger and get something constructive out of it in the bargain.

Get in control of your anger and release it in doses when and if required. If you are in charge, you need to let the person in question know that he has angered you. This can be done in a number of ways, and different people need to be spoken to differently. Yelling is rarely ever the right route, it only helps destroy relationships. Finally, when you have done something wrong yourself, do be honest enough to accept the fact and to apologize where necessary – this by far is the most important anger management strategy.

Anger Management Tips To Use In Stressful Situations

Being and staying furious is not a mature reaction and anger management helps persons faced with intense anger to deal with an overwhelming emotion in a positive manner. Thus, while professionals involved with designing and teaching anger management define it to be a method of addressing, identifying and solving a tense situation by getting down to the root cause of anger, they also help individuals realize how to minimize stress during trying circumstances. This is most workable when people faced with anger issues realize there is little to be gained by being angry and a lot more to be achieved by being calm.

Even when anger subsides, the problem remains and persons with long-standing anger-issues need to understand this in order to recognize and work on the things that make them angry and learn how to control their reactions to situations and abrasive people that threaten their mental wellbeing.

The first and simplest way to avail anger management help is to open up and verbalize angry emotions and feelings that cause hurt, tension and anxiety in a person with an understanding friend or family member as most angry people need a sympathetic ear when dealing with difficult situation.

“Verbalize angry emotions and feelings that cause hurt, tension and anxiety in a person with an understanding friend or family member”

A mature listener will help the angry person understand the other person's point of view without hurting their feelings and smoothen over ruffled feathers in a calm manner, but sharing the problem is essential to getting the right help.

Writing down angry thoughts or keeping a journal is another effective anger management tip that minimizes stress since instead of verbalizing angry emotions, one has put them to paper; at times, this method is better than confrontation, which can cause conflict and rifts to further widen if the person involved is also hot-tempered.

Writing down angry feelings also has the advantage of being a technique that helps one arrive at conclusions about trigger-factors that led to the person being angry, upon reflection at a later stage as being able to re-read the notes made provides insightful info on reasons for anger and perhaps a clue into the real cause of the turbulent situation. Finding a solution is easier then, too.

Keeping away from a tense situation or going off on a holiday or even a walk (me-time) is another way to deal with anger that reduces stress and keeps a person away from potentially damaging (for mental health) situations besides giving them time to reflect on their actions and the incident.

Spiritual leanings, prayer and meditation and silence are other ways to deal with anger that bring down stress levels and wash away the pressures of life; these can be taken up by people who are comfortable with being alone and want to bring a positive change in their lives. They are also looked upon as being a balm for broken spirits and restorative power for world-weary souls.

Staying fit and light, learning **breathing** and sporty exercises, getting adequate rest and communing with nature besides looking on the lighter side of life are some other effective ways to deal with anger and many people find the answer in music as well as opposed to confrontational methods. Pick the one that suits you!

Learning Healthy Anger Management Strategies

There are many different scientifically tested and proven methods in use for anger management and these are aimed at helping persons with a short-temper to control it and divert that energy into a positive channel instead of venting their frustrations in a negative and harmful way.

Uncontrolled anger, fits of rage, violent display of temper and negative response to upsetting situations are all signs of an angry person who is asking for help to deal with a behavioral issue and this should be extended through proven methods before the person turns reckless in behavior or reaches a violent stage.

The basis of anger management strategies is understanding what triggers off the unhealthy response to angry situations in a person and help them deal with his or her emotions in a manner that is acceptable to civil society so they can lead a regular, happy life, without disrupting it for others or ruining their own chances at healthy living.

The simplest method that anger management strategies recommend include removing oneself from a situation that compels them to take violent action or by practicing time-out; this can be followed through the means of going for a walk on the beach or taking a car-ride to loosen up or even taking up a physical activity to release the tension and energy without affecting others around them.

“Removing oneself from a situation that compels them to take violent action”

Reading, music, sitting silently are all good ways to tune out of a frustrating and angry situation that are effective as anger management strategies besides taking up a sport.

While on the subject of healthy anger management strategies, we need to also mention the importance of recognizing that uncontrollable anger is a problem and seek help to rectify a situation that is out of control without a very confrontational attitude with another person so the individual is held responsible for his or her feelings and subsequently, reactions to the situation.

Thus, to identify the source of anger from within an individual and then work towards controlling the outbursts is a preferred anger management strategy for many counselors to help persons experiencing sadness, envy, confusion, conflicting emotions like hurt and fear or even frustration.

Reflecting on past situations that were frustrating and caused the individual to react in a negative way is yet another healthy anger management strategy that helps them decide how they can incorporate changes in their behavior to learn from these undesirable actions and in turn avoid or cope better with a similar situation should it occur in future.

The last resort that counselors designing anger management strategies recommend is confronting the person or facing up to the situation that causes an individual to react abrasively; first, the root of the problem and the reason for the anger has to be determined, then one can work towards finding a solution for controlling it in a calm manner. At times, the answer is a welcome one if an angry situation is faced in a serene manner as it turns out to be only a misunderstanding.

Contemplating the present reaction to a tense situation and options to change it form part of a healthy anger management strategy that is based on the principle of acceptance, which allows persons to identify, discuss and bring in change in the way they speak, deal or walk away from a potentially negative reaction to a situation.

“Reflecting on past frustrating situations that caused the individual to react in a negative way”

Thus, we find that learning about anger management strategies is a positive step towards desirable behavior and ways to check anger responses in a less negative manners; resources include reading books and material available on the topic and going online to learn ways to deal with anger through healthy anger management strategies.

Benefiting From Anger Management Groups

Emotional problems and unresolved issues lead to anger and bouts of rage that are uncontrollable in nature that can adversely affect a person's mental health and this is why it is important to address and solve these at the earliest, though it is a long and arduous challenge. Thinking that they can deal with anger management on their own is a mistaken illusion that many persons have as only those with a deep and abiding commitment to change themselves win while others need to get counseling help.

Signing up with an anger management group is much like having a safety net for those persons who have been affected by anger-related issues for a long time; this provides them group therapy and lets them feel less alienated than in a psychological counseling session as they know there are others with the same problem - they are not unique in feeling the distress of extreme anger and subsequent reactions. It therefore helps them talk, discuss, overcome and solve matters at the heart of their temper-tensions during the course of the anger management class. Since these classes are conducted with an understanding approach towards those with anger management problems, they are in an environment that is non-judgmental and therefore conducive for bringing about change in form of desirable behavior.

Being part of a support group empowers persons having difficulty dealing with anger management issues to share and discuss their problems with individuals in similar situations while giving them the comfort of knowing they are not alone. These groups may at times deal with only individual issues or can be designed in a manner to help families with a common anger management problem through counseling, group therapy and getting them involved in various physical activities that are enjoyable and fun ways to release tension, lower stress and minimize more problems associated with uncontrolled angry reactions.

The family-oriented anger management support group sessions are aimed at preventing the suppressed anger or even the apparent anger from spilling over through negative reactions onto other members and disrupting a normal family life; it is good for helping couples and children deal with anger issues within a family set-up through various problems and are run on a principle of hope and encouragement.

“Signing up with an anger management group is much like having a safety net”

To avoid undesirable behavioral issues, those identified with an anger management problem are advised to join a support group, camp or retreat that is designed for their specific resolution of issue in a timely manner while keeping them in as serene an environment as possible; it can be different from their normal one and filled with unusual treats and activity scope that is otherwise out of their reach so interest levels are high and therapy is much like play-way.

For children with anger management issues, there is the choice of sending them to camps exclusively for boys or those for girls; most allow students in the 12-17 age-group to participate in various fun activities and function as a support group for them to deal with difficult situations that are likely to make them angry.

Society has opened up a lot towards recognizing anger management as a much-needed therapy for couples, families, children and even as something that needs to be addressed in the workplace. Thus, even churches have anger management support groups for congregational members to empower them to deal with daily life problems in a healthy, practical and calm manner and turn them into capable individuals that have other options of dealing with an impossible situation rather than resorting to anger or violence.

The Pertinent Role Of Anger Management Counseling

It is a myth that anger management counseling is for the odd crazed individual alone. Anger can and does strike everybody, and it is true that it has a worse effect on some people than on others. However, if you do not learn to control this emotion, things could take a turn for the worse any given day, and you could well find it controlling you one day. It is therefore good for anyone to take a lesson in anger management.

The first step is to get an idea of what anger is all about. Ask yourself the vital question of whether you pose a threat to yourself or to those around you when your anger gets to you. If your answer is yes, then you need to seek professional help from an anger management counselor at the earliest. Do so before you cause damage to your life and maybe to someone else's as well.

Recognize the adverse effects anger could cause

It definitely is common to see people with uncontrolled tempers. How often do we yell at the kids when they make mistakes, genuine mistakes? It is alarming to see people striking out at animals because they made a mess in the living room. After all, what else is to be expected from an untrained pet? The answer could never lie in violence, it does lie in training. However, that would be veering away from our topic. In any case, if you realize you behave in such a manner at trivial issues, you would do well to get anger management counseling.

Uncontrolled anger can ruin a perfectly good day at the slightest bit going wrong. When your anger flares up, your muscles become tense, your facial expression turns into a scowl, and this is generally accompanied with verbal abuse. Not a very pretty sight you will agree. If you suspect you may have an anger problem, do try and talk to a close relative or good friend about it. Get feedback on your anger. Is it uncontrolled? Could it pose a threat to yourself and to others? The role of this person in your life could do you extreme good. Do take the feedback and use it to positive effect in your anger management. Of course it would do no good if the only outcome of the person's feedback would be that you get cross with them.

The plus points of anger management counseling

Counseling will help you face your problem rather than hide behind a cloud of anger. You will get to know your inner self better, for better or worse. In any case it will help you become more in tune with yourself and more in peace with yourself. The counseling process will eventually help you get in control of your emotional side, and therefore in control of your life as well.

Why Not Watch An Anger Management Movie?

Apart from books, literature, pamphlets, websites and movies on the subject of Anger Management are available today to help persons affected by uncontrollable fits of rage and frenzied reactions to intense anger so they can find healthy alternatives to reacting to a tense situation or person, without affecting those around them negatively - or even harm themselves, which is a common phenomenon.

While most anger management programs are designed to bring attention to the problem being a real one for the persons affected by extreme bouts of anger, not all are beneficial for everybody, since individuals are different in personality and level of anger expressed.

This means while some persons with anger-issues can tune in to the root cause of their problem behavior by reading a book, others get immediate help from verbalizing their reactions and feelings before a counselor or support group that lets them know they are not unique in their having a problem; still others need to vent their angry energies through physical efforts so taking up a sport is the best form of releasing pent-up frustration and hurt that are the underlying factors for anger at times.



There are many websites on anger management and persons who are not keen on reading a book or joining up with a support group and less sporty kinds can benefit from visiting and clicking around these sites to gain useful insight into a variety of anger management techniques they can incorporate into their life to control, tame and redirect their angry emotions in a healthy manner as opposed to an angry outburst.

The most effective form of an anger management strategy however, is to watch a movie on the subject as the common theme will help make an individual realize before their eyes the true nature of others also having a similar problem so they don't feel judged unfairly besides learning about how destructive uncontrolled anger can be as typically these movies have a positive moral behind them.

An anger management movie aims at providing viewers with identifiable situations depicting persons displaying their anger in a negative manner and the negative consequences of it; in the audio-video mode of a movie, it is imminently more hard-hitting for movie-goers with anger-issues to tune in and understand the necessity to change their pattern of reacting to tense situations, be it the theme of bullying, abusive spouses, battered kids or other common subjects.

A natural reaction for an angry person is to blame anyone in their way and so, viewing a movie on a common theme that is possibly close to their own life situation helps the individual identify and recognize how they can improve through a workable strategy to control their abrasive nature.

Apart from showing angry situations and persons filled with negative emotions that are vented in an undesirable fashion, an anger management movie also aims at providing info on various techniques that are depicted through the different actors in the film as to how to better deal with a particular situation or anger-inducing person/conversation.

A fitting ending would be to show an angry individual who has transformed through the step-by-step training for desirable behavior through the course of the movie - sort of like an incentive for viewers tuned in to the anger management movie!



Sources Of Free Anger Management Advice

Anger related issues are a growing problem in the society. The emotion of anger brings out the worst behavior in people and may cause them to be violent and abusive towards the people around them. Families may break up and relationships suffer in the bargain. It is an unfortunate event when close family members and friends have to bear the brunt of the abuse, just because one individual cannot control his temper. Dealing with such a person in the family is stressful. So a lot of people resort to gaining free advice and information relating to anger management therapy.

The first step after realizing the existence of the problem is to seek a doctor. Although a doctor's advice does not come free, he may be able to provide information relating to anger management advice, where it is freely available and also the contact details. There are community centers in most areas which cater to various social issues. They usually have a link up with medical organizations dealing with behavioral issues. One of the social services they offer could be free anger management advice. Another way would be to get in touch with your local social worker who could help in obtaining free anger management advice.

Students can make use of the free anger management advice offered at the school. Schools usually have a guidance counselor or nurse to help the children overcome behavioral issues. If it is a serious problem, the child may be referred to a specialist by the school counselor. One may come across information relating to anger management in magazines or health publications. Anger management therapy is the burning issue nowadays so one may find plenty of articles and write-ups on the topic.

The Internet is one of the biggest sources of anger management advice. There are numerous sites dealing with the subject. They may even help you cope with the problem by training you on line. They provide detailed information which is quite scientific and sometimes endorsed by the medical fraternity. There are sites specifically dealing with anger management for children, teenagers, couples and various other classes of people. The information available on the Internet is free and anyone who needs it can just search for it according to his or her requirement.

A lot of people are beginning to realize how anger issues affect the society as a whole. Therefore many endeavor to make information freely available to others so that they can benefit from it. It is a great opportunity to be able to access free advice to treat behavioral problems and people must take advantage of it. One must respect the fact that people go out of their way to help those in need of therapy as they realize the social impact of anger issues. Help is on the way, it is up to the individual to take up the challenge of solving the problem by taking advantage of the facilities.

More Free Resources

By downloading this book, you subscribed to our mailing list and to our free newsletter.

We will send you more free information about anger management, other than all the free upgrades of this book and our special offers.

Feel free to check our website for more articles, resources, tips and interviews with experts about anger management.

<http://angermanagement.free.fr>

<http://angermanagement.free.fr/blog>

As I said at the beginning of this book, you are entitled to pass it to anyone you think could benefit from it.

Don't be afraid to help someone.