

# ANGER MANAGEMENT

Anger and fear are the two primary stress emotions. Anger is the fight response. In anger we move towards the emotion, express it and confront! Fear is the flight response. In fear we run away and become anxious and avoidant. Anger is expressed in many different ways guilt, envy, aggression, irritability, impatience, prejudice, intolerance, rage, hostility,

Usually an anger outburst is the result of an unmet need, please see unmet needs in Depression.

People feel angry when:

- They feel that they or someone they care about has been offended.
- When they are certain about the nature and cause of the angering event.
- When they believe someone else is responsible or to blame
- When they feel they can still influence the situation or cope with it.

When experiencing anger, physical conditions, such as increased heart rate, elevated blood pressure, and increased levels of adrenaline and noradrenaline will occur.

Anger and aggression are not the same thing. Anger is an emotion that we feel while and indeed is ok to feel whereas aggression is how some of us behave when we feel angry.

Most people with anger issues see themselves as misunderstood. They often know that their reactions and responses are disproportionate to the situation that causes them to be so angry. But there is still a lack of control. And they often take out their anger on those who are closest to them.

Often afterwards, the person with the anger outburst will feel remorseful, guilty and ashamed - not only for what they have just done, but also for the pain, hurt and maybe embarrassment their behaviour has caused.

Usually people who have anger issues do not know why anger is there within them just waiting to be triggered.

The thought, belief, perception which is triggering the anger outburst in certain situations needs to be identified.

BOOK an appointment with Farah for anger management.