



What is anger?



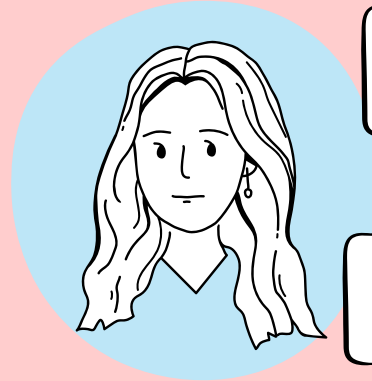
When does anger become a problem?



My anger doesn't come down easily.



I lose control when angry & do things which I regret later.



I'm not able to think clearly when I'm angry.



I get angry easily!



ANGER IS A COMMON AND NATURAL EMOTION

It is experienced when we find that we are blocked from moving forward on our goal or when we see some violation of a value/standard that we may hold strongly (e.g. unfairness).

Anger may be helpful when it pushes us to take necessary actions.

Anger can become problematic if it is

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and affects our relationships, performance and wellbeing.

It may help to get a quick check on whether you maybe dealing with problematic anger.



THINK OVER THE PAST 4 WEEKS



Did you find yourself

- Frequently getting angry at people or situations?
- Getting really mad when you got angry?
- Staying angry for quite some time?
- Wanting to hit someone when you were angry with them?
- Getting away from people because of your anger?



UNDERSTANDING ANGER



What is anger?
When does anger become a problem?



Most often anger is just the tip of the iceberg!

The Anger Iceberg represents the idea that although anger is displayed outward, other emotions and feelings may be hidden beneath the surface.

Such hidden feelings

(SADNESS, FEAR, DISAPPOINTMENT, SENSE OF SHAME, EMBARRASSMENT OR BETRAYAL)

might make the person feel angry.

By exploring the emotions and feelings beneath the surface, one can gain insight into their anger and devise effective strategies to deal with it.

What sets off anger?

Anger triggers may be people, places, situations, and things that set off anger.

Your triggers can provide clues about the emotions beneath your anger. Becoming aware of what triggers your anger is the first step to gaining more control over it.

Try to make a list of your anger triggers in the last 10 days

Situation	Trigger	What other emotion may be beneath the experience of anger for each situation.

Practice identifying triggers and discover the emotions underlying the anger you experience. This awareness can empower you to deal with anger more effectively.

HOW CAN YOU MANAGE YOUR ANGER?



Let's learn a few immediate and long term measures to deal with anger.

IMMEDIATE MEASURES

When we are angry, it is difficult to think clearly and act wisely. Here are a few things you could do to bring it down a bit so that you can then use more strategies.



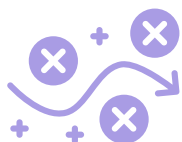
Taking time out : Leaving the place of conflict which is generating anger either physically or psychologically (mentally cutting oneself off from the situation) temporarily.



Putting on hold : Avoiding instant explosive reaction through calming self-talk or self-talk which encourages us to not react impulsively and gives us some time to respond thoughtfully.
(for Ex: telling yourself *"Hold on. I'm getting angry. Let me first calm down"*)



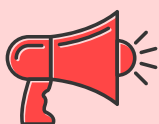
Releasing physical energy in non-dangerous ways : When we are very angry, we need to find an outlet to release the angry energy and reduce the high degree of bodily arousal we experience when angry (e.g., fast beating of the heart, a sense of wanting to do something immediately). However, we should find non-destructive ways to do so.



Shift your attention to another task : Preferably to a calming activity. Defocusing may be easier when the person has expressed the intense anger in some non-destructive way.

Destructive/ Dangerous ways of expression

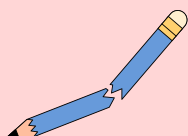
Yelling, Hitting



Reckless driving



Breaking objects



Non-Dangerous ways of expression



Tearing up waste paper

Scribbling on a pad



Punching a pillow



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LONG-TERM MEASURES

When you have done a few things to bring down the anger to some extent, it may be possible to try these strategies.



Writing down the thoughts: Put down your thoughts related to anger in order to gain an understanding/ perspective or engage in other expressive activities.



Disclose to supportive others : This can help in relief, emotional support as well as getting some ideas to handle the situation.



Trying to think from a different perspective: View a different angle about the situation so as to decrease one's anger (e.g. perhaps my friend was very preoccupied with something, so he did not smile at me today)



Expressing anger wisely : It is a crucial decision as to whether (and when) to constructively confront the given situation/ person/ issue that is linked to our anger or whether the situation is minor/trivial, and hence not worth the energy and maybe ignored. Short term and long term impact of expression in a given context must be taken into consideration while deciding about expression of anger in a constructive way.

QUESTION

In order to manage anger, either in ourselves or in others, it also helps to look at the other emotions which maybe hiding behind the expressed anger.

What do you think maybe other emotions behind anger?

Look beyond the behaviors (expressions of anger) of people to make an intelligent guess about the broader picture or the underlying (possible) emotions. This can help us manage our/their anger better.

MANAGING ANGER



What pushes my anger button?
Let's identify and understand your triggers.



I FEEL ANGRY WHEN



WHEN I'M ANGRY

I THINK



I SAY



I DO



MANAGING ANGER



Intense anger often interferes with thinking clearly and wisely.
Once you've reduced the intensity of your anger via immediate measures listed above, it might help to put on the thinking cap!



Intense anger experience is like quicksand. The more you overthink, brood and struggle with it, the more it swamps you, pulls you deeper into the mud.

Hence, once the intensity/heat of your anger has reduced by using a few immediate measures take a moment to think about the situation in a wiser manner

Ask yourself any one or more of the following questions

How important is it actually ?

Was it really worth getting angry about?

Was it worth ruining the rest of my day?

Was my response appropriate to the situation? (Was my reaction stronger than necessary?)

What did I lose or gain by reacting how I did?

What are the little things I could do next time in such a situation to feel more in control?

Were you able to notice a change in the intensity of your anger after reflecting on these questions?

ANGER LOG



Use this sheet to document your experiences with anger.
Over time, you learn how to notice your anger triggers and find healthy ways to cope.



I GOT ANGRY BECAUSE	WAS IT WORTH IT? YES/NO	WHAT DID I DO WITH MY ANGER?	WHAT DID I GAIN/ LOSE BY REACTING TO ANGER THE WAY I DID?	COULD I HAVE DONE SOMETHING DIFFERENT?	WHAT CAN I DO DIFFERENTLY IF I FACE SOMETHING SIMILAR NEXT TIME?
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Explore and practice strategies that work for you.

Mental will is a muscle that needs exercise, just like muscles of the body. - Lynn Jennings

Appreciate yourself for trying. Effectively managing anger can be an empowering exercise worth undertaking.