

AllyU Topic Write Ups

Anger

Introduction

What is Anger:

Anger is defined as “an intense emotional state involving a strong uncomfortable and hostile response to a perceived provocation, hurt or threat”. It is often accompanied by physical symptoms, such as heightened blood pressure, increased heart rate, and increased levels of adrenaline.

Causes of Anger:

The causes of Anger are varied, and much depend on the person involved, however there are some generally applicable causes, the most prevalent of which is expectation. One of the best umbrella definitions of what causes anger was coined by Psychotherapist Michael C. Graham, who claimed that anger often came from us “expecting the world to be different than it is”. This can be applied to most anger inducing situations, as most triggers for anger come from a perceived deliberate, outside force acting on the angered person.

To give an idea, people will often become angry if aspects of their lives are not meeting their expectations, such as work, friends, family, or romance. Often, anger results from the actions of others that contrasts with how we expect the world to function. Ranging from something as simple as a partner forgetting to wash the dishes, to a car collision that results in a lot of damage, to memories of a traumatic event, the “outside” factor of anger has been generally proven accurate.

Awareness of when you need help:

Some signs that your anger is boiling over too often/greatly include:

- An inability to control your anger
- Threats or acts of violence while angry
- Your anger affecting your love or social life
- Feeling a strong need to hide due to the threat of an angry outburst
- Constant feelings of irritation, impulsivity, or recklessness

Desired outcomes : Reduce impact of anger on life. Achieve greater control over anger.

How to achieve desired outcomes:

In general, there are roughly three approaches to dealing with Anger. These methods are relaxation techniques, problem solving, and communication.

Relaxation Techniques – A classic when it comes to handling anger, this includes things like deep breathing exercises, meditation, visualizing a relaxing environment, and so on.

Communication – Taking the time to talk through your anger, or communicate the issues you are facing, can often help reduce anger. Make sure to listen to the other person, and try to reach a mutual understanding.

Problem Solving – As was mentioned earlier, anger often arises from the world not conforming to the expectations of the angered. In this case, solving a personal problem can help alleviate the anger associated with it. Working on oneself can help dissipate the causes of anger.

Therapistaid worksheets:

Anger Iceberg - <https://www.therapistaid.com/therapy-worksheet/anger-iceberg/anger/none>

Deep Breathing - <https://www.therapistaid.com/therapy-worksheet/deep-breathing-worksheet/anger/none>

Coping Skills: Anger - <https://www.therapistaid.com/therapy-worksheet/coping-skills-anger/anger/none>

Videos: I'm not sure if its reputable enough, but its short, entertaining, and has tips that correlate with what we've written so far - https://www.youtube.com/watch?v=BsVq5R_F6RA

Education: (Not sure about this section?)

Other techniques:

Cognitive Restructuring – Tough, but effective when it comes to managing anger. Try to focus on expressing rational, rather than irrational, thoughts when confronting anger. Avoid words like “always” and “never” when discussing with someone, as those words are hurtful and rarely truly accurate to the situation.

Therapy options:

Therapy is recommended for people who are suffering from anger issues. The two most common therapies for dealing with anger are Anger Management and Talk Therapy. Find a local professional to help you decide what is right for you.

Medication options:

Anger is not typically medicated, but some anti-depressants are used to help treat anger symptoms. Talk to your doctor about whether or not medication is right for you.

Conclusion:

Anger can be just as deceptive and destructive as any other issue, often causing us to inflict more damage than we intend due to our heightened emotions. If you are suffering from anger issues, it is recommended that you talk to your doctor and find a professional to speak to. There is help out there.