

Does this sound like you?

- People say you have a short fuse or that you are short-tempered
- You have a hard time controlling when and how you express anger
- You sometimes react more strongly to situations than you should
- You think a lot about negative things that happen
- You sometimes act aggressively toward other people, animals, or property
- You have gotten into trouble because of your temper
- Your reaction to anger has caused difficulty in relationships
- You become angry when you feel that you were treated unfairly or when you don't get your way
- You tend to hold grudges

What is anger?

Anger is a normal emotion that everyone experiences sometimes. Anger often occurs as a result of other emotions that you are experiencing such as hurt, frustration, disappointment, sadness, fear, shame or annoyance. Anger often happens when you feel that you have lost control over something, think you have been treated unfairly, or didn't get something you wanted. Anger can be directed toward yourself because of something you did or didn't do. It can also be directed toward someone else as a result of your interactions with them. The body typically responds to anger in preparation for responding to the situation. Adrenaline increases, the heart beats faster, blood pressure rises, and muscles become tense.

How is anger handled?

Anger can be handled in either a healthy or unhealthy way. When anger is handled in a healthy way, it can give you the energy and motivation needed to get things done. When anger is handled in an unhealthy way, it can lead to physical problems, relationship problems, stress, poor judgment, crime, and even physical harm.

How can anger be managed?

- Recognize your anger and how your body responds to it
- Figure out why you are angry and why the situation is so important to you
- Identify the other emotions you are experiencing
- Calm down before you react
- Be assertive rather than aggressive
- Talk about the situation calmly with someone
- Try to understand the other person's point of view
- Learn to accept what you can't change
- Try to find humor in difficult situations
- Relax and take some deep breaths
- Take a time-out before responding
- Be willing to compromise

How can a counselor help me?

Talking to a counselor helps many people who have difficulty managing anger. A counselor can help you learn about your experience of anger and identify healthier ways to deal with anger.