



Anger is a healthy emotion, designed to help to protect us, to alert us to real danger. However, anger is a feeling that is very common to have problems with.

Too Much Anger

Some people, find anger hard to keep 'in the window of tolerance' and this leads to feeling overwhelmed. This can make you more at risk of behaving aggressively. However, remember that anger is a normal feeling, but aggression is how you behave and it is this that leads to problems:

- Hurting people
- Damaging relationships
- Lowering your self esteem
- Using drugs and alcohol (or other things) to try to numb it out

Too Little Anger

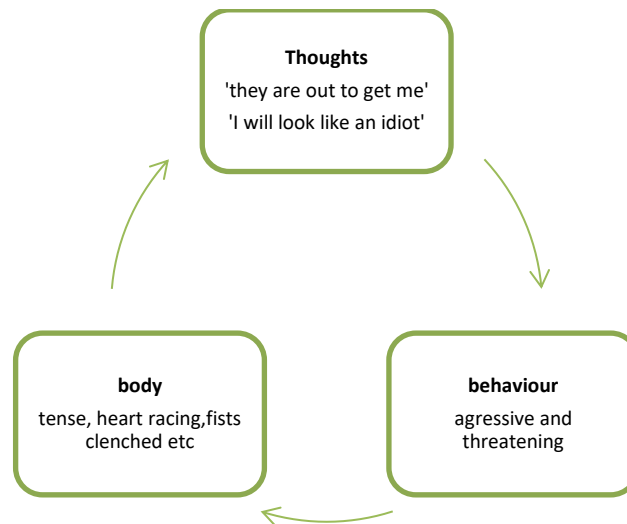
Many people avoid anger because they worry it will be dangerous or wrong to feel angry (at some points in the past it may have really been dangerous). However, this can lead to:

- Getting hurt by others and being taken advantage of
- Using drugs and alcohol (or other things) to numb it out
- Lowering your self esteem
- An 'explosion' when the lid comes off the bottle.

What is my main Challenge if any?

Coping with Too Much Anger

Similarly to too much anxiety, anger can be understood to be a ‘vicious cycle’



Managing your Body

This is similar to managing anxiety. The key is to try to switch off the ‘hyper-alert’ response by slowing down your body and using any of the skills that you have e.g. breathing, releasing tension, mindfulness etc.

Managing your Behaviour

When feeling angry, you might notice your behaviour becomes more threatening; you tense up, get into other people’s space and perhaps clench your fist. This will ramp up the situation. Unclench your fists, drop your shoulders, notice the tone and volume of your voice and step back.

Managing your Thoughts

As with anxiety, start to pay attention to your ‘angry self-talk’. Do you wind yourself up? Do you think people are trying to wind you up?

Practice some ‘helpful self-talk’- check out if it is a thought or a fact?

- What I would like to do differently:

What is my Plan?

- What do I need to prepare?

- What do I need to practice?

- What do I need to be patient about?