

Anger Management

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Why are you angry??

- Is your anger really masking other feelings?
- Are you feeling:
 - Shame
 - Embarrassment
 - Hurt
 - Guilt
 - Frustration

Know your triggers

- Take notice of how your body reacts when you start feeling angry
- Be aware of your negative thought process
- Know what situations tend to trigger your anger
- Determine if there are certain people that will set your anger off quicker than others
- Once you have identified these triggers try to avoid them or prepare yourself if they are unavoidable

Tips

What to do to keep the anger in check

*www.mayoclinic.org

Think before you speak

- Emotions, especially intense ones such as anger, can often make us say and do things that we do not really mean
- Be sure that you stop and think about what you are about to say before you blurt something out that you do not really mean

Calm Down

- Try to calm yourself down before you talk
- Express your anger (or other emotions) once you have calmed down
- You will be able to express yourself better and think more clearly
- The other person will be more receptive to your feelings if you are talking to them calmly

Take a Time Out

- When your anger gets out of control take a time out
- Excuse yourself from the situation...take a break
- Count to ten
- Take deep breaths
- Walk around
- Be alone

Identify Possible Solutions

- Identify the issue and the actual feeling
- Try to come up with viable solutions to the problem
- Work with the other person or people to figure out a solution to the issue that can make everyone happy
- Compromise

“I” Statements

- Be sure to use “I” statements to tell people how you are feeling
- For example:
 - I am upset because you did not take the trash out....instead of saying....You never take the trash out.
 - I am angry because you stood me up for our date.....instead of saying...You always pick your friends over me.

Don't hold a grudge

- Let things go
- Try to understand the reason someone said something or behaved a certain way
- Do not let a past fight, situation, discussion, etc. cloud the situation at hand...stay in the present
- Learn not to bring up things from the past into current arguments

Use humor

- Laughing can reduce some of the tension
- Humor can lighten the mood and make it easier to come to a possible solution or compromise
- Avoid using sarcasm; this can often make things worse and can hurt peoples feelings

Relax

- When the anger gets to be too much use relaxation techniques to calm down
 - Meditation
 - Deep breathing
 - Progressive Muscle Relaxation
 - Visualization

Know when to seek help

- When your anger gets to the point that you can no longer control it, you need to seek help
- Don't be afraid to ask for some help on working on your anger
- You probably need to seek help if:
 - Your anger is out of control
 - You have physical been hurt due to your anger (broken hand)
 - You are hurting (physically or emotionally) people you care about
 - You have regrets frequently after anger outbursts

Need Help?

If you or someone you know needs help controlling their anger, please contact the Counseling Center at 304-929-1237 or at tech-counseling@mail.wvu.edu