

## Managing our Anger

There are four steps that will likely be helpful in resolving anger

### 1. Recognize that you are angry

- ❑ *Recognize that you are angry and most importantly, Admit it to yourself*
- ❑ *Anger that goes unrecognized or non-admitted is more harmful than anger of which we are aware of.*
- ❑ *Generally, anger stands in for other emotions such as being disappointed, fear, annoyance, frustrated, let down, confused, All these are actually anger reactions that may be repressed.*
- ❑ *Anger usually happens when you find yourself in a situation that frustrates, annoys, hurts, disappoints or frightens you. Everyone reacts to different situations – what makes you angry may seem minor to someone else. As an exercise, please list all situations that cause you anger, then, compare your reaction to someone you know who reacts differently. The key to understanding anger is to recognize that all persons react to anger differently. Though anger is a universal emotion, it need not be a destructive emotion.*

### 2. Identify the Source of the Anger

- ❑ *Once you are aware that you are angry, you have take the most difficult step. The next step is to try and understand where the anger is coming from. This may be very obvious or it can be very subtle.*
- ❑ *The source of the anger might be difficult to pinpoint particularly if the source of the anger is someone who is powerful or who can harm us in some way.*

### 3. Understand why you are Angry

- ❑ *In apparently simple situations the reasons may be difficult to find. The jest of this third step is to try to determine why you are angry and to decide whether the reason for the anger is realistic or not.*
- ❑ *When someone becomes angry for unrealistic reasons this usually is a sign that covers up hidden feelings, wishes or expectations.*

4. Deal with the anger Realistically

- ❑ *The forth step is probably the easiest because it follows from the other three.*
- ❑ *The key to try to resolve anger is the ability to communicate your feelings.*