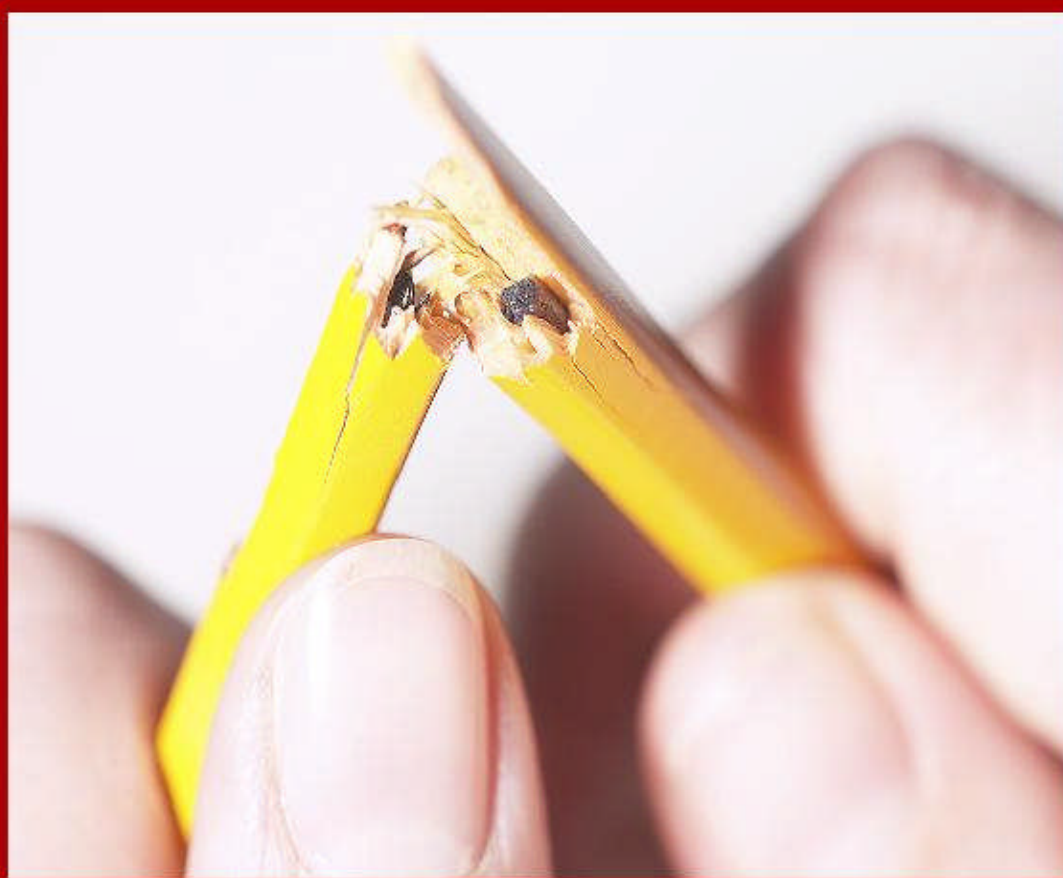


# Anger Management

- Powerful Techniques To Tame The Beast Within!

Anger Management



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*Get Your Life Back!*

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## How to Recognize Anger

### How to Recognize Anger and Handle it effectively

Anger is a feeling that has to be recognized outright. Anger could be a start of something deeper, like rage or violent actions and reactions. You've got to control your anger, because it has the ability to control you.

Anger is best recognized and best controlled if it is more understood. The first step in better understanding anger is to know what the types of anger are. If you know the cause of your anger, the better you can combat it. Here are the types of anger and a short description of what they are.

#### 1. **Behavioral Anger.**

This type of anger is comprised of aggressive and cruel actions. It inclines mostly on the physical aspect. It usually implies an attack towards the subject of the anger, usually a person. It is expressed through trouble-making, physical attack and defiance.

2. **Verbal Anger.** This type of anger, on the other hand, merely uses words and not actions. It is expressed mostly by openly speaking insulting words and hurtful criticisms. Accusing somebody of a crime or of a wrong-doing is also an example of verbal anger.

3. **Passive Anger.** Passive anger is shown mostly through mockery, or through avoiding a certain instance. People who are displaying this type of anger are not showing their anger outright but are devising covert ways of expressing it. They do not confront a person or a situation.

4. **Self-inflicted Anger.** This type of anger is the one that is directed toward a person's own body. Sometimes, people showing this type of anger tend to starve themselves or eat too much, for example. These are the people into the idea of punishing their own self for something wrong they have done.

5. **Chronic Anger.** People with chronic anger are just angry in general. They are angry with their lives, with their selves, with the people around them and the whole world in general. They don't necessarily have a definite reason why. Most of the time, they are just angry for apparently

no reason at all.

6. **Judgmental Anger.** This type of anger would lead somebody to hurtfully shame the people around him, like his family, friends and neighbors. He expresses his anger by putting others down and belittling their abilities as a person.

7. **Overwhelmed Anger.** This type of anger is seen on people that hate the situations happening around them that directly affect their lives. They usually shout or lash out at someone or something easily. They do so because that's their way of relieving the stress and the pain they are feeling.

8. **Constructive Anger.** This type of anger is the type that makes people want to go out and join groups and movements. And they usually do it because they wanted to do something to correct a certain situation. They wanted to make a positive change. And that's the main effect of this type of anger.

9. **Volatile Anger.** This type of anger is the one that easily comes and goes. The magnitude of this anger varies too. It could build into a rage, or it could be a mild, sudden anger. It could explode abruptly, or it could go unseen. It all depends on the person controlling the anger. This type is expressed either by verbal or physical assault.

10. **Retaliatory Anger.** This type of anger is the most common one. Usually people get angry because other people are angry at them. This anger depends mainly on the other person. If your anger is due to a person lashing out at you, then you are guilty of this type of anger.

11. **Paranoid Anger.** This anger arises if a person feels, in an irrational way, that they are intimidated by others. People with this type of anger feel and think that other people wanted to take what is rightfully theirs. They are angry toward that person because, for one, they are jealous.

12. **Deliberate Anger.** This type of anger is shown by people who would like to gain control over a situation. They are mostly not angry at first. But they will be once you have shown that you are against what they have planned and what they would like to happen. They use anger to gain power over somebody or something. **These are the most common types of anger. Determine what type your anger is. Then harness it accordingly.**

## **When Anger Leads to Abuse**

### **When Anger Leads to Abuse**

Anger, although commonly felt and expressed, is never an emotion to take lightly. When it reaches heightened intensity, anger becomes wrath. And wrath, as most of us are aware of, is one of the 7 Deadliest Sins.

In the previous chapter we discussed the various types of anger. Now let's take a look at some of the causes and results.

### **Causes of Anger**

A common cause for anger is the prevention or incompleteness of attaining our goals and desires. And since humans certainly have numerous and different goals and desires, anger can easily erupt at any place and time. It's very common for people to feel frustrated and angry at the same time because both emotions are the results of their inability to achieve their objectives.

Another cause for anger is feeling inadequate and disrespected; humans normally feel furious when they believe that they are not being treated equally, fairly and justly.

### **Factors that Affect Anger**

**Fatigue** – When we're extremely tired, our minds and bodies slow down and this sometimes makes us unable to cope with problems that we used to have no difficulties solving. Exhaustion makes us lose our patience and temper more than usual.

**Alcohol and Drugs** – It's a well-known fact that alcohol and drugs can have some very disastrous effects on how our minds work. And one of such effect is controlling our tempers. Intoxication and the influence of drugs can cause us to become easily provoked and liable to have violent reactions to the smallest of things.

**Pain** – Anger is a common and understandable effect of extreme pain. Because our mind and body are almost fully involved in finding ways to help ourselves cope with the pain, we end up lacking the ability to sufficiently control our temper.



### Effects of Anger

**Depression** – Anger is often followed by depression. When we feel particularly irate, we tend to express ourselves very passionately. Afterwards, when we recognize such outburst as abnormal, we end up feeling depressed and unable to cope with the reality of what we have just done. Depression is also another emotion commonly produced by blocked goals and desires.

**Loss or Reduced Ability to Comprehend Logic** – Anger also often makes us unreasonable. It makes us blind to the truth and unable to accept what's sensible and correct. When anger is the primary emotion being felt, we become less able to think and act rationally and in some cases, even our senses do not work properly because of extreme anger.

**Increased Physical Strength and Courage** – Sometimes, the effects of anger can be positive. When we are threatened, we may feel intimidated or angered. Anger gives us the power to defend ourselves against stronger elements – and even win occasionally. Lastly, anger gives us the ability to confront our worst fears.

**Violence** – Sigmund Freud once declared that individuals may have a natural urge to become angry and violent when their goals are blocked. Although leading psychologists had formerly disproved this theory, recent studies have shown that people in general do have specific genes that contribute to the likelihood of violence occurring when anger is present.

### Tips on Managing Anger

**Be Forgiving** – Anger is generally a destructive behavior. When something causes us to feel angry, we should just remind ourselves that anger will achieve NOTHING. Forgiveness however will give us peace of mind and contentment.

**That's Life** – Sometimes, we have very justifiable reasons for feeling angry. Nevertheless, the validity of our emotions doesn't provide us a solution. In these cases, it's best to simply tell ourselves "that's life" and move on. There's truly nothing more to do but that. Dwelling on the bad stuff and letting our anger take control of our lives is simply a waste of time.

**Find an Acceptable Outlet** – It's healthy for us to express our emotions – and that goes for anger as well. However, we must express it in acceptable, non-violent and productive means. Since anger generally increases our strength and energy, why not use it to tackle important

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goals in our lives?

**Know Your Limits** – If you already know that you're easily angered, constantly remind yourself that there's always a possibility your anger will push you to commit acts of violence.

It is quite normal for us to feel anger at certain times in our lives. Permanently suppressing anger will, in fact, simply cause us to act abnormally. What's not normal is when our anger seems to have no bounds and expressing it tends to have very violent consequences. When this happens, it's imperative that you seek help immediately. Leaving it unchecked may prove to be fatal not only to yourself but to your loved ones as well.

## **Commit to Change and Manage Anger**

### **If you are angry and you know it, raise your hand**

Anger is not all bad; it is how one expresses it that spells the difference. Managing anger is important especially if one has the tendency to lose control over situations big or small.

The following are basic tips and advice to help you be comfortable with your anger, and being able to express it in a manner that is not hurtful towards others or yourself.

### **Know what you are angry at**

First things first, how would you get to manage the anger that seems to broil deep down inside you when you have no clear idea as to the situations, matters that trigger them in the first place?

It is important therefore that you identify any attitudes that you have which predispose you to a host of reactions.

Do you not like it when the waiter takes about ten minutes to give you your regular order? Or what would your reaction be if the cashier in your local 7-11 store punches the wrong keys and you end up short changed.

Do you vent? Do you rave? Do you feel you want to punch someone or at least scream at their face?

Fortunately or unfortunately, you are not alone. If it is these triggers that set you off, then you have at least made that significant first step of becoming aware of your feelings and your reactions.

Knowing and having identified what makes you angry make it a lot easier to deal with when they erupt. You also could get to see how your past reactions were in order to gauge or determine how your current reaction would be, now that you know a bit better.

### **Past is past, let them go**

Most of us carry a litany of conditioned responses and go through life using those to deal with every blow that comes our way. Usually, these responses were those left over from childhood.

Remember when you were crying and a grown-up caregiver - your parents, aunts or relatives – told you it is bad to be angry? And so you kept it all inside you until you grew up. As an adult, this then gets manifested as denial and fear of truly expressing what you feel.

Being aware of such past conditioned behavior actually frees you from its clutches. By bringing the feelings to the fore of your attention, you then get to deal with them and eventually use them to not be as impediments to your personal growth.

Anger needs to be acknowledged as it is there. Anger that is suppressed is not healthy and if it is not appropriately dealt with could lead to it exploding unnecessarily later on.

### **Respond not react**

Believe it or not, you and you alone have the ultimate choice on how to respond to a situation.

There are various ways to express your anger besides the more traditional ways such as throwing a tantrum, throwing a chair, or hailing invectives.

These non-traditional ways of expressing anger are also legitimate, as long as the pathway towards expressing one's emotions is cleared.

Responding to our own feelings towards an anger-provoking situation helps expose built-in and buried emotions that you may have concealed from yourself. Observe how self-anger could lead to feeling depressed or anxious.

The solution to this is managing our own reaction to situations, not burying it with alcohol, drugs or any addiction provoking habit.

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Forgive and try to forget, if you can't, then just forgive for now

It is not easy to forget a deed that may have caused a lot of anger inside you. If there are any wounds from an emotionally charged relationship or interaction that you are still carrying and heavily weighing you down, then why are you still carrying it?

There is a natural reaction to mope. Usually, going through this stage helps in ultimately letting go of the resentment do. Forgiving others usually starts from forgiving the self. Try this one for a change.

All in all, anger is a difficult emotion to deal with especially if you are exerting the effort to not deal with it. Acknowledging you are angry and finding positive ways to deal with your feelings are the steps to letting it go.



## **Early Warning Signs and Your Triggers**

### **Know when you are about to get angry**

Contrary to popular belief, anger is normal, natural and healthy because it is a human emotion.

Anger actually is a good sign to help people know that there is something that should be resolved or corrected somewhere, somehow. Anger is usually motivated by something that was brought about by an action that is quite uncomfortable and it being uncomfortable means that it is such, for a reason.

Anger, if properly managed, can help right a possible wrong. It could also help solve a particular problem and even find a probable solution. However, anger is also a double-edged sword wherein – if used in a negative manner - could also be a force enough to destroy people, relationships or even your own health.

Usually, there are warning signs prior to anger exploding on an uncontrollable level. It is best that you are aware of these triggers as it could help you prepare on how to respond or how to be in command of this very powerful emotion.

Recognizing these signs early on could help you avoid feeling regret later because of an incident that got out of control or those words that you wished you never said but are now just too late to take back.

### **How tense are you**

Usual signs of pre-explosive anger are tense muscles. Observe how and what you feel in your neck. Are the muscles in your neck taut? If so, prepare to relax and get hold of yourself. Inhaling and exhaling slowly helps relax all those tensions.

### **Teeth gritting is gritty**

Usually when gritting your teeth happens, the jaws become tight. How much do you do this? If usually and always, prepare to psyche yourself to relax. Anger cannot be quenched by more

anger. Slowly but surely, try to acknowledge the feeling until you think you could let it go without much fanfare or unnecessary drama.

**When angry, the face becomes flushed**

This is easily perceptible as the blood circulates more than normal, brought about by the intense emotion due to anger. If this happens, the best way to deal with this situation is to relax and keep your cool. Imagine how much energy you could save by responding in a non-traditional manner. Put your effort to where your power should be – use it instead to be productive.

**When angry, hands are clenched**

See how in the movies, men who are about to punch someone first clench their fists and then deliver that blow? This emotional process also works the same way in real life. When anger comes to the forefront of vulnerable emotion, the whole body actually becomes tight. And it is the hand that is usually the more obvious expression of it.

**When angry, the voice becomes loud**

Intentionally or not, this raising of the voice is one of the more common and traditional ways to know one is angry. The opposite of this is cold stony silence. Both are meant to intimidate. All are unhealthy, both for the one raising the voice and the one giving the silence, as well as the recipients.

The best thing about these triggers is that they are all, believe it or not, controllable. It depends on how much you want to be controlled by the triggers. When you are really angry, calm yourself down. But if you have crossed the threshold and it is a bit too late to turn back, deep breathing would help you a lot. This relaxes your body. Remember how children are advised to count to ten when angry, this method actually works. But if counting to ten does not work, try counting to twenty.

Talking to yourself also helps. Try to tell yourself to be calm, think, do not lose it, what are the consequences of my actions?

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These positive talks can help take the focus from the anger-inducing event and on the questions that really matter. It also has the tendency to make you less angry.

All in all, anger only gets to you when you let it. So do not let it. It is your choice after all.

## **Taking Time Out**

### **Take time out to relax and unwind from anger**

It is important to know that anger is not an enemy. Anger is not an emotion that needs to be repressed. First and foremost, it is a valid feeling that needs to be acknowledged and accepted for what it is.

Adults and children are both prone to bouts of anger because it is a natural feeling that everyone has. What is necessary though is the management of anger because when it gets out of control it has the tendency to have negative effects on people as well as on one's self.

The following are activities that could be done in order to do away with persistent feelings of anger and replace them with more productive outlets to express this emotion in a manner that is more appropriate and less destructive.

### **Wash it all off**

Everyone, be it kids or adults, would find the effect of taking a warm bath soothing to the senses. This method is even good for all females as well as males who have had a rough day at work and would want to un-wind from a busy, hectic, not to mention, an angry day from co-workers, bosses and the like.

All you have to do is lie down in water that is a bit warm. It would also be a good idea to light a few candles, the kind that are scented. Then watch as you slip slowly away to a relaxing world that is away from all the hustle and bustle of a dreary and busy world.

### **Walk and walk and walk**

Kids or adults could very easily do this to help ward off any intense feelings of anger. The good thing about this method is that it usually works. Try it on for size. As much as possible, fifteen to twenty minutes a day of brisk walking would do the trick of dissolving and releasing any edginess you feel or any anxiousness you may have.

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Another good thing when one engages in walking is the effect it brings to one's physical health. Believe it or not, walking helps improve circulation by releasing hormones called endorphins. These are also called the "feel-good" hormones. Realize how walking – even in short distances – could help you feel more refreshed and relaxed after.

### **Get a massage, and get a good one**

Adults would benefit much from this activity as their weary bodies seem more vulnerable to stresses and negativity. Contrary to popular belief, this does not have to be expensive. Try to get the voluntary services of your significant other. However, if this is unavailable, there are always a slew of massage parlors around who would more than readily provide you with a very good and soothing massage at your own liking.

### **Determine the cause**

Anger is caused by a variety of reasons. The best way to manage anger is by first determining what it is you are angry at. Getting to know the triggers that set you off helps you either avoid those triggers or manage your feelings towards those triggers in case your anger starts to erupt.

Being aware of what sets you off is a significant step toward making your feelings known to yourself thereby making it easier to manage any abrupt changes in your emotions.

### **Going, going gone - Let it go**

Anger is not necessarily helped by remembering any past incidents that made you angry and may still have bitter feelings towards. Though difficult, it is always for your own best interests to let go of past sad and angry memories.

Unfortunately, this effort is easier said than done as everyone carries a bunch of conditioned responses and go through life using those to deal with every blow that comes their way. Usually, these responses were those left off from childhood and onwards.

Believe it or not, having awareness of such past conditioned behavior actually frees you from its clutches. By bringing them to the fore of your attention, you then get to deal with them and



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eventually use them to not be as impediments to your personal growth.

All in all, anger - when left to fester and rot in one's psyche – will cause more harm than good. It would do well for everyone to deal with the causes of anger and work on those issues as well as having efforts to deal with anger before, during and after it erupts.

## **Relaxation to Counteract Anger**

### **Relax your way thru anger**

What are the things you could do to help do away with generally negative angry feelings? First things first, anger is a completely natural emotion. What is unnatural though are the ways and means they can be manifested.

Usually, anger is expressed by venting out, throwing a tantrum or is laid out in cold and stony silence.

Too much anger is also dangerous as it gives the body unnecessary stress and keeps the nerves, the heart and the brain pumping too much blood.

So how should one take a break from stress-related anger? Anger is caused by a host of situations, but primarily how one chooses to respond to anger is the best way to counteract its negative effects.

### **What you eat, is what you are**

Anger is not further helped by eating foods that contain a lot of fat. A diet that is well-balanced and contains more fruits and vegetables than pork or beef actually helps in flushing out all those unnecessary toxins in the body.

These toxins could just as well contribute to emotions being unbalanced and sometimes overly anxious. The body processes anything and everything that it takes in.

It has also been said that the way an animal has been slaughtered has an effect on those who consume the said animal. Eating a diet that is rich in green and leafy vegetables helps cleanse the body from any impurities. It also helps clear the pathway towards a healthier outlook towards life and eventually any situations that come your way.

### **The way to relax, lessen caffeine**

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Believe it or not, it is not only coffee that contains nerve-wracking caffeine. Sodas, soft drinks and even chocolate contain caffeine. All these drinks have what it takes to make you jittery and would not be of much help if you need or want to relax.

### **If anger-related stress gets the best of you, run a warm bath**

This is one of the most effective ways to de-stress and relax. This method is good for all females as well as males who have had a rough day at work and would want to un-wind from a busy, hectic, not to mention, an angry day from co-workers, bosses and the like.

Just lie down on the warm water, put on music even a few scented candles and slip away to a relaxing moment with yourself away from the hustle and bustle of a busy and dreary world.

Again, get yourself a good massage as we discussed previously. Of course you cannot really give your self a good massage, but you could get yourself one. Try to get the services of your significant other who could be more than willing to give you a good massage for free. If not, then there are massage parlors out there that can provide a great ten minute or fifteen minute massage on various stress areas of your body such as the shoulders, neck, scalp even on the face.

### **Visualize your self away from anger**

This is supposed to be easy. If you are just open to the possibilities of visualizing anger away, that is. All you have to do is close both of your eyes. Then, try to create that little place in your own mind wherein you could go there to relax and slow your activities a bit down. It all depends on how you define relaxation. It could be a place that is real or not. The important thing is that it is truly and specially yours.

All in all, anger is only bad when you let it affect you. The best way to counteract it is by learning to keep your cool, relax. After all, it is you who decide how and if you are going to let a situation get to you. The important thing is you know how to respond positively to any given situation.

## **One Thing at a Time**

### **One small step for man, a giant leap for anger management**

Great things cannot be hurried. They need to go through a process. Think of the beautiful structures that the Roman empire used to have or those amazing natural wonders that is Niagara, Colorado, or the Grand Canyon.

The same process also follows human emotions, specifically anger. Dealing with them until they are ripe enough to let go, forgive and forget is not easy but is entirely possible.

What are the things you could do to help do away with generally negative angry feelings?

### **Think anger away**

This is supposed to be easy but it is not. You have to be open to the possibilities of visualizing anger away. All you have to do is close both of your eyes. Then, try to create that little place in your own mind wherein you could go there to relax and slow your activities a bit down. It all depends on how you define relaxation. It could be a place that is real or not. The important thing is that it is truly and specially yours.

### **What is it that you are angry at?**

How would you get to manage the anger that seems to broil deep down inside you when you have no clear idea as to the situations, matters that trigger them in the first place?

All in all, anger is both a boon and a bane. It is good to feel anger as it could also serve as a warning and a signal to let you know something must be resolved or fixed. But if inappropriately expressed, it could also hurt.

Try to keep cool, relax. In the long term, it is you who decide how and if you are going to let a situation get to you.

## **Substance Abuse, Depression and Anger**

### **Why substance abuse leads to depression and anger**

Substance abuse has been responsible for the destruction of millions of lives all over the world. It has destroyed careers, reputations, lives, families and even the society itself. Up to the present time, substance abuse is still the number one destructive force in society.

People usually relate substance abuse with the use of prohibited drugs like marijuana and cocaine. As man became more sophisticated, his tendency to become a slave to substances has also become more complex. People have outgrown marijuana and have resorted to other substances like Ecstasy, alcohol and other substances that money can find in the urban world.

The number of people becoming victims to substance abuse has grown by millions. Such addiction has become so widespread it has managed to seep into every nook and cranny of life and no longer exclusive to a certain caste or level of society. Substance abuse has become a common occurrence among the rich and the poor, the educated and the ignorant, the decent and the barbaric people of the world.

Among the sector particularly susceptible to substance abuse are the youth. Young people who have not yet matured enough to become responsible members of society are being corrupted by substance abuse. They are being destroyed even before they have found their place in the world and this is because they are easily swayed into proving themselves to their friends.

But this is not to say that the matured sector of society is exempted from the malady called substance abuse. Even so-called decent people who have good reputations and who have made names for themselves have become enslaved by this abuse. These people believe they are doing this for fun or for simple pleasure not knowing that they are already destroying their careers, their lives and their families.

Substance abuse is a menace to society because it does not only ruin the person who is prone to abusing substances. This malady has also ruined relationships and the lives of countless people who have made contact with the abuser. Substance abuse is, in fact, destroying the very core of the family unit.



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One does not immediately see the effects of substance abuse especially among family members but when the signs have become so remarkable the family members can no longer do anything to keep their loved one from self destruction.

A person who is abusing any substance is prone to anger because he can no longer control his vice. This anger will reverberate to the closest friends, his loved ones and ultimately to the society in which he is a member. A person who has been abusing substance for quite sometime will ultimately experience bouts of depression and self pity until he can no longer control his emotions.

Seeing a person, especially a family member or a close friend going into self destruction is not an easy thing. The anger that boils inside the abuser will ultimately consume everyone in his circle.

There will come a time when anger and depression become so intense that the abuser will think that everyone is against him. Some abusers resort to violent means in getting what they want. Some abusers can no longer bear the anger and the loneliness and they go so far as to commit suicide.

Substance abusers need very supportive family and friends to keep them on track. However, some family members will reach a point in their lives when they can no longer deal with the abuser. It really is a heavy emotional burden for everyone concerned.

But there is still hope to save the life of a substance abuser. Those concerned should immediately discuss the problem with an expert so they would know what to do and what to expect from the abuser. This way they will not be leading the abuser into feeling more angry and depressed about his situation.

Substance abuse starts from a single drop of alcohol or a taste of any abusive substance. Abusing any substance can lead to a temporary high but it will ultimately lead to self destruction and a lifetime of hell. It is better to resist anything that is even remotely related to substance abuse rather than regret a single incident later on.

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It is never easy to help a substance abuser nor is it easy for a substance abuser to help himself. There will always be sacrifices, trade offs and even regrets. However, nothing is impossible if the abuser and his family are determined to get him back from the clutches of addiction.

## **Catastrophic Stress = Catastrophic Anger**

### **Can catastrophic stress lead to catastrophic anger?**

Listen to people when they tell you not to make a decision when you are angry or stressed out because you may regret such a decision later on. The art of listening to such advice can turn out favorable to you in the long term especially if the decisions you will be making are very important to your life or to the people you care about.

An angry person can do anything illogically when he is in the middle of his anger. Some people who are normally serene can become extremely violent in the middle of an angry outburst. However, most of them regret what they have done later on when their anger has already cooled off. Therefore, it is important to be able to control your emotions when under pressure.

A person who is under catastrophic stress can become too angry to give careful and logical thought about his actions. Notice how stressed people can produce illogical decisions because of catastrophic anger even when faced with a minor problem. This is because a person who is stressed out forgets all the decent training he has undergone and suddenly reverts to a primitive state.

A primitive man does not bother with the consequences of his actions or decisions for as long as he can vent his anger towards another person or thing. The same happens to a person who is under catastrophic stress. This person becomes so angry that he allows his emotions to rule his mind and intellect.

Regular exposure to stressful situations can have serious repercussions on the health of a person, both physically and mentally. Too much pressure can lead a person to depression and emotional imbalance. Some people who are regularly exposed to stressful situations try to survive by resorting to unhealthy solutions like smoking and drinking.

Stress can definitely put a person in the hot seat but it is really up to that person if he allows himself to become a slave to the effects of stress. While stressful situations can be very difficult to control, there are ways to avoid stressful situations. Moreover, a person can devise a way to avoid the negative effects of stress upon him.

## **Anger Management – Powerful Techniques To Tame The Beast Within!**

The first move to take is to learn from individual experiences and take note of the circumstances that causes stress. A person who acknowledges that something or someone has a stressful effect on him can try to avoid meeting such person or avoid that situation. If the cause of stress cannot be avoided then a person can try to change his reaction to the stressful factor. For instance, if meeting a certain person causes him to react negatively then he should try to think of other things that would make the situation lighter or easier on him.

This is called stress management, the art of being able to control the factors that are causing stressful events or occurrences.

Some causes of stress include routine home activities like taking care of the children or working. The pressure brought about by these factors is natural but when the pressure gets too hot to handle then you might find some ways to keep the heat off like taking a walk by yourself, biking, exercising or listening to soothing music.

You will find additional ways to deal with stress in other chapters in this guide.

The fact that a person who already feels the pressure means everything has become too much for him to handle. To remedy this, take one thing at a time. Make sure that you don't hurry or force yourself to do things. Sometimes, taking the time to enjoy what you are doing can take the pressure off.

Stress is actually good because it makes a person aware that he is rushing in, doing too much and not taking time to smell the roses.

## **Learning Assertiveness Skills**

### **How to learn assertiveness skills**

Being assertive has often been defined as being self assured and confident. Most often being assertive has been identified with being strong and in control. Being assertive means being able to express how you feel and at the same time being in control of those feelings.

A person who asserts his rights refers to someone who is so confident he is on the right track that he will do anything and everything to make sure such right is protected. The characteristic of being assertive can be used to control a person's emotions especially his anger.

Anger is a natural emotion but knowing how to express the anger that a person feels takes a lot of practice. An angry person will usually react in an aggressive manner which means being combative with the object of his anger. Expressing anger in this manner will only produce a negative effect not only to the object of the anger but more importantly to the person who is expressing his anger.

There is a huge difference between being assertive and being aggressive.

A person who has tried expressing his anger in an aggressive manner will tell you how draining it is afterwards. Expressing anger can be tiring physically and emotionally and it can lead to emotional breakdown. However, a person who has mastered the art of expressing his anger can be a winner in more ways than one.

Of course, it will always be difficult to think straight when one is angry. But this is the trick and the art of mastering your emotions. Man should never allow himself to be a victim of his emotions and his primitive desires. It may temporarily feel good to lash out at someone in anger but knowing the consequences can help a person control his rage.

An angry person can choose to express his anger and suffer the emotional and physical payoff later on. He can choose to keep his anger to himself and risk the possibility of getting heart problems. The best way to express anger is to manage your emotions and learning how to communicate what you feel to the other person without getting into a tirade.



## **Anger Management – Powerful Techniques To Tame The Beast Within!**

Being assertive in expressing anger means being able to tell the object of your anger what you want and what the other party can do to achieve what you want. Communicating things clearly is always better than getting into a tirade and hurting others and yourself too.

Most often people get angry because they do not like the way things are being done. Sometimes, they do not like the way they are being treated by another. To make sure you have a solution for your anger, you have to communicate your needs to the other person by being assertive. Perhaps, the other person is not aware of your needs or is not aware that he is already riling you. You have nothing to lose by being assertive and explaining what you want and your point of view.

Developing assertiveness skills will take time but the more you practice being assertive the nearer you will be to your goal. Possessing assertiveness skills means being in control of your emotions and being able to express such emotions in a calm manner. Being calm will ensure that you are able to get your feelings across without necessarily exhibiting the common manifestations of anger like shouting and hitting or throwing things.

Like most life skills, assertiveness skills can be developed over time but once a person gets the hang of it he can already make use of his assertiveness skills to express his anger logically. Being able to do this is a win-win situation because assertiveness skills will enable a person to express his anger calmly and at the same time it will enable him to get what he wants.

If you are angry and you feel like striking the object of your anger then do something that can release your anger. Try releasing pent up emotions by going for a walk or using any of the other coping mechanisms we have included in this guide. One thing to remember is that releasing sweat can work miracles in releasing and letting go of stress and anger.

## **Learning Better Communication Techniques**

### **Manage your Anger by Learning to Communicate Better.**

For at least once in our lives, we have all felt anger – either at a person, a circumstance, or both. We all know what it feels like to be so completely infuriated at someone (or something) that we almost reach our boiling point.

And while anger is considered to be a normal – if not healthy – emotion, as we have discussed, it can also dangerously take over a person's life if it gets out of control and destructive, leaving him feeling as if he was at the mercy of a vicious, powerful and uncontrollable emotion.

Thankfully there are ways to prevent or manage such extreme levels of anger. And one very important step to proper anger management is learning better communication skills.

Now, anger and communication may seem like two entirely different things, but they are actually quite related – and the improvement of the former may be one of the best solutions for the control of the latter. Here are a few explanations:

### **Better communication allows you to assert yourself.**

You might think that being assertive is the same as being aggressive as we previously discussed. And while they are both possible ways to express and show one's anger, they are entirely different in approach, and lead to entirely different consequences.

To begin with, while becoming aggressive due to anger may lead to violence, be it physical or emotional, being assertive allows a person to express himself in a healthier, less harmful approach, leading one to share the root and possible causes of his anger by communicating it appropriately. As such, while being aggressive leads to more problems and even more damage, the consequences of becoming assertive are far less harmful, and may even be constructive and helpful.

Constant and open communication keeps you from “bottling up” your hidden emotions – and more importantly, your hidden anger, for that matter.

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People can be like volcanoes – they lay dormant for years and years, on the surface seemingly at peace, but underneath they are actually boiling with anger, ready to erupt at any moment. To avoid such destructive “eruptions”, that is, to keep one’s anger at bay, it is important for a person to be able to regularly vent frustrations in a healthy and manageable way.

And the most practical approach to this is by sharing and relating them to other people. You may talk to your friends, your significant other, or a psychiatrist. In any case, verbally expressing the potential sources of anger is an effective solution to keep a person from those eruptions of anger.

### **Better communication skills lead to better listening skills.**

Communication doesn’t always have to mean being able to talk about one’s feelings openly – it also means being able to listen intently to others. And listening is of great importance when trying to keep your anger at bay.

For instance, should you find yourself in a highly intense argument with another person your uncontrolled anger may lead you to become extremely aggressive and even violent, to the point of no logic or reason. But if at first you had attempted to listen to the other person’s side of the story instead of hastily and angrily defending yours, you would have saved yourself the headache and the damage brought about by a fist fight and a bad reputation.

### **Better communication means you think before you speak (and act).**

People who can’t seem to control their anger often find themselves jumping to conclusions – they allow themselves to be taken over by their emotions and eventually find themselves acting on pure instinct, without logic or reason.

With better communication skills, a person learns to find calm in a heated argument or an extremely tense situation, able to step back and think about what’s going on. This way, he is able to decide on a more appropriate method of addressing a problem and finding a solution. Besides, no one ever got ahead by jumping to conclusions.

## **Anger Management – Powerful Techniques To Tame The Beast Within!**

There are many ways to improve your communication skills and better deal with anger management issues. You can try self-help books, or seeking the advice of a psychiatrist. Whatever approach you choose, it is your willingness to learn and change your ways that will help you resolve your issues.

## **Teaching children and teens how to control anger**

### **Help Your Child or Teen Deal with Anger Management Issues**

He's locked himself in his bedroom and it feels like he hasn't come out of it in weeks. You never see him anymore, and the only sign of his presence in your home is the constant blaring of angry rock music and the loud banging of his bedroom door. You start to wonder what happened to the baby boy you lovingly raised, only to become a distant and raging teenager.

For other parents, it can be much worse – sometimes the anger starts even before their kids become teenagers. Whatever the case, the important question is how a parent can help his child cope with his anger.

For starters, it's best to help your child to manage his anger as soon as possible. The earlier you are able to help him deal with possible anger management issues, the better.

### **If You Notice His Anger, Deal With It Immediately.**

As kids grow up, they change in many different ways. But if the changes they undergo lead to them becoming angrier and self-destructive, it's best to pay attention and immediately find a way to execute an intervention. If you think your child has the potential to obtain anger management issues, begin preventive efforts as soon as possible.

### **Early Intervention is Key to an Effective Solution.**

The reason why it's effective and therefore extremely important to help your child deal with his anger management issues as early as possible is because it's best to deal with the causes of his anger before it becomes too deeply rooted in him and thereby possibly seriously affecting his personality and self-esteem.

Dealing with anger management issues is like dealing with an open wound – the more you expose it and allow it to get damaged, the bigger and the more harmful the wound gets. If you notice something bothering your child, encourage him to open up and share what's worrying him. Don't wait until the anger is too deeply rooted in him that he's blocked you out emotionally,

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making it that much harder for him to accept your help and open up. Help him out while he's still open and willing to talk about his issues.

So you've noticed that something's wrong with your child and you're ready and willing to help him deal with them. What do you do now?

### **Set aside the “I told you so” speech for another time.**

When your kids have problems, whether they have come upon them beyond their control or due to a mistake they've committed, they don't need a lecture from you – telling them “I told you so.” This only makes them feel even more hurt, confused, self-conscious, and possibly, more angry.

Set the criticism – no matter how constructive – aside for a while, and in the meantime, **listen** to what they have to say. Allow them to freely vent their emotions – doing so will let them realize that they can trust you with their feelings, and that they can be open and honest with you without the risk of being at the receiving end of a harrowing lecture.

Remember that keeping an open and constant communication line between you and your kid keeps him from shutting you out and leaving you without a clue as to what is going on with your child.

### **Encourage your child to engage in activities that will allow him to let off steam.**

You may not believe it, but kids and teens also experience stress. What with the demands of school, a social life, as well as the physical and emotional changes that are all part of growing up (half of which they almost always have no clue about) being a kid can be just as stressful as being an adult. So it's important that you provide your children with an outlet where they can safely and effectively vent out their frustrations and let off steam.

Encourage your child to learn and participate in a sport, or enroll him into music lessons. Let him try a myriad of activities until he finds one that he likes and enjoys. To him it may just be for fun, but you'll know that his hobby or after-school activity also helps him release all that stress that might otherwise be bundled up inside until it erupts – and that is not a pretty picture for a parent.

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If you find yourself unable to help your child with his anger management issues, don't be afraid to seek the help of professionals or experts. Remember that your first priority should always be the safety and well-being of your child.

## **Self-Esteem and Anger**

### **Discover How Self-Esteem Helps You Deal with Your Anger**

You've found yourself feeling a lot of anger lately – you've lashed out on people without meaning to, hurting them and damaging your relationships with them in the process. Your anger has affected your work and your social life. You are beginning to feel like it's taking you over, and that your anger has spiraled out of control. What do you do?

The key to understanding your anger is to explore and discover its cause, or its root. And one of the common causes of anger in individuals is a lack of self-esteem.

Self esteem and anger may seem like two entirely different and unrelated concepts, but they can be associated with each other in the way that they affect one another. A lack of self esteem can lead to higher levels of anger and rage. How and why, you ask? Here are some possible explanations.

#### **Low self-esteem can lead you to unhappiness and depression.**

When you're unhappy and depressed, you are more prone to be infuriated and angry at certain circumstances and at the people around you. With low self-esteem, you are more likely to be dissatisfied with yourself and your life, and when you are dissatisfied, you are more likely to blame yourself and others for your dissatisfaction, leading you to hate yourself and to hate others. That hate is just a manifestation of anger.

#### **Low self-esteem is that nagging voice in your head that eventually becomes that angry voice in your head.**

When a person has low self-esteem, he is never happy or satisfied with himself – in fact, he may even see himself as unattractive and unacceptable. Such negative thoughts and emotions, when they start to pile up inside a person, eventually transform into angry thoughts directed not only towards one's self but also towards others, thereby becoming harmful not only to the person but the people around him.



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On the other hand, appropriate levels of self-esteem can lead to better anger management. One main reason: self-esteem allows you to respect yourself and respect others. When you have high self-esteem, you respect yourself, and when you respect yourself, you also respect others. And when you respect others, you don't just lash out at them when you reach a disagreement, the way you would if you allowed your anger to take over your senses.

So how do you increase your self-esteem, and in the process handle your anger issues better? Here are some ways to help you do so.

### **Enumerate the things that you like about yourself.**

You can do a list on paper or just in your head – in any case, enumerate the traits and characteristics that you like about yourself. Whenever you find yourself becoming destructive and overly criticizing, think of this list and allow it to make you feel better. These things that you like about yourself are your strengths - use them at times when you feel weak and defeated.

### **Focus on your strengths, not on your weaknesses.**

Once you've found and identified your strengths, it's important to keep them in mind, instead of constantly thinking about your weaknesses. When you begin to pity and dislike yourself, start looking at your strengths and set aside your weaknesses – deal with these weaknesses another time, when you're confident enough about yourself to face your flaws, and either accept them or try to change them.

### **Don't dwell on failure, but relish in success.**

Sometimes things just go wrong, no matter how hard you try to keep them from doing so. When you've failed on something, think about where you might have gone wrong, realize the lessons you've learned from the experience, and move on.

Don't dwell on failures – learn from them and get on with life. Eventually success will come, and when it does, relish it, enjoy it. But don't take too long doing so – enjoy your success for a while and then be ready to take on life's next challenge afterwards. Success builds confidence, but leveraging on them too much might lead to misguided self esteem. Balance is the key.

## **Anger Management – Powerful Techniques To Tame The Beast Within!**

Still having problems with your anger and your self esteem? Do not be embarrassed to seek professional help. Remember that the earlier you try to find a solution to your problem, the better. If you find that you won't be able to solve your issues alone, console with a friend or a psychiatrist – there's no shame in asking of help and we will discuss this further on.

## **Forgiveness**

### **Why Do I Need to Ask for Forgiveness?**

Forgive and forget – how many times have you heard these phrases? Most people would say forgive those who have hurt you and have done you wrong and just let go of the past. It is easy to say but much harder to do.

Forgiving is not an easy task. Letting go of the things that have caused you pain or suffering is not at all easy. Other people can forgive and forget easily but most have a hard time.

But no matter how hard it is, it is important to forgive. Forgiving is healthy and holding grudges will only leave you suffering more. You are on the losing side if you do not forgive. It may do you more harm than good.

Forgiving is one issue, asking for forgiveness is another different aspect of forgiveness.

A person who is sincerely ready to ask for forgiveness has already let go of any negative pride that may have dwelled in his heart for a period of time. Sincerely asking for forgiveness no matter whose fault it is, is very courageous and admirable. Just because it is not your fault does not necessarily mean you should not ask for forgiveness. The other person may not be ready to ask for forgiveness or to forgive so it your duty to take the initiative and be the one to ask for forgives.

So why is it important to ask for forgiveness?

Ask for forgiveness to help you physically. Holding a grudge or anger has been proven to be unhealthy. It may cause health problems like cancer, hypertension and other cardiovascular diseases.

Ask for forgiveness with an eye toward an emotionally healthy you. Not only is forgiving good for your physical well-being, it is also helpful in keeping you sane and away from depression. Anger causes depression, anxiety and other negative emotional thoughts and feelings.

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Ask for forgiveness for peace of mind. Being angry at somebody else does not give you a peace of mind and will always give you a feeling of uneasiness. Asking for forgiveness to those persons you have hurt or have hurt you will give you a sense of liberation and relief.

Ask for forgiveness for a better you. The major benefactor of asking for forgiveness is not the person you have asked forgiveness of but it is you. You ask for forgiveness not just because of the other person but because you want to free yourself from anger, guilt and other negative feelings. You are not the one defeated here. You are actually making yourself a winner once you have asked for forgiveness.

Ask for forgiveness to renew a relationship. Finding people to be friends or partners with in this world is a tough job. It may be difficult to find new people like the ones you have been angry with. Nurturing a relationship is tough and once that relationship is ruined with misunderstandings or quarrels, it is a big waste. Asking for forgiveness can rebuild those broken relationships.

Ask for forgiveness to have a happier life ahead. Not forgetting the bad things that have happened in the past and keeping anger in your heart against those persons that you have acted negatively on or have hurt you, will not make you a completely happy person. In order to go on fully with life and face new challenges and experiences ahead, a person must let go of past anger. One can never be fully happy and satisfied if something keeps on bothering them like anger and guilt.

Now that you are convinced that asking for forgiveness is not only beneficial to the other person but for you as well, maybe you are asking, okay how do you do it?

Think about what really happened and reflect on the things that have caused you and the other person pain. Now organize your thoughts and think of all the things you want to say to that person and how sorry you are and how you felt about the situation.

Swallow your pride and have the guts to sincerely ask for forgiveness from that person. After that give that person time to reflect and think about what just happened. That person may or may not be ready to forgive you but what's important is you already did your part and that is the first step in rebuilding your relationship with each other.

## **Anger Management – Powerful Techniques To Tame The Beast Within!**

Always remember that forgiving and asking for forgiveness are two of the most important things that we should practice as this will lead to a happier and more peaceful life.

## **When to Seek Professional Help**

### **Being Too Angry – When to seek professional help**

We have had much discussion about anger and how it is a normal feeling that people experience. Being angry at something or someone is not an isolated case, all people get angry.

But if your anger becomes too frequent, has turned into rage and is already negatively affecting many aspects of your life, then it is time to assess the situation because maybe your anger has turned into some serious problem.

If you have tried all the methods shared in this guide and perhaps other tips to control your anger, it might be time to consider the help of professionals in order to turn your life around and live normally again. Having anger management problems does not do the person and the people around him or her any good.

Most people are hesitant to admit to themselves that they have a serious anger management problem that needs to be handled by professionals. At first there is denial and sometimes it is hard for them to accept that they have turned into a person full of rage.

The first step in handling anger issues is to assess yourself and observe what kind of anger management solution you need to have. Most anger management issues can be dealt with yourself using proper information, self control, determination, and the help of family and friends. If your anger has become too much to handle, then it is time to seek professional help.

But what if you aren't sure if you need the intervention of professionals or not?

### **Here are some questions to help you assess your situation:**

- Do you often have intense arguments between you and your loved ones or friends?
- Do you easily lose control of yourself?
- Do past anger and misunderstandings with other people still haunt you up to now?
- Do you get angry and frustrated when waiting in line?
- Do you get annoyed and call people “dumb” or “stupid” when they don't do things right, are always clumsy, incompetent, or prone to errors?

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- Do you get angry at yourself whenever you do something bad or when you lose control?
- Do you find it hard to forgive people who have hurt you?
- Do you find yourself at night lying on your bed just thinking about the things that have upset or caused you pain during the day?
- Do you get so angry to the point that you have forgotten the details of what had happened like the things you said or have been said to you?
- Do you get frustrated a lot?
- Do you get depressed when things don't go the way you planned or expected?
- Do you get mad, upset, or frustrated to the point that you experience headaches, stomachache or become weak?
- Do you use alcohol or drugs when you are angry?
- Do people have a tendency to stay away from you or get scared whenever you are angry?
- Do you say things when you are in a bad temper than you later regret saying?
- Do you have problems in the workplace because of your anger?
- Do your family and friends think that you have serious anger management issues?
- Are your family, social life and other aspects of your life negatively affected due to your rage?
- Do you often get into trouble because of your bad temper that sometimes it leads to legal problems?
- Do you have feelings of revenge to those people who have done you wrong?
- Do you hit people or break things within your reach whenever you are angry?
- Do you have thoughts of killing somebody you have become so angry with?
- Do you have thoughts of killing yourself?

If you answered yes to most of these questions, then it is time to seek professional help. Being angry is normal, but being too angry too frequently to the point that it is ruining your life is not at all normal.

If you think that you need help, there are many anger management coaches or counselors that help people with anger management problems. You can ask your doctor or research your local community to find reputable professionals that can help you.

During anger management counseling, patients are taught how to control their temper and handle situations wherein they are about to lose control.

## **Anger Management – Powerful Techniques To Tame The Beast Within!**

Anger management counseling is not something to be ashamed of. Everybody goes through some difficult time in their lives. What's important is you recognized the problem and are now going to do something about it.

**Live happy and be well!**



# **Bonus Articles**

**We always believe in providing immense value to our readers. Hence we are adding several bonus articles that give you more information on this subject. Enjoy!**

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## **MANAGING ANGER THROUGH HOME STUDY**

Amongst the more successful alternative learning methods, home study programs, rank right up there. This has been established by the increasing number of people joining these programs. The reason why people opt for joining these programs may vary from one person to another, but the main influencing factor is that people look for alternative learning methods that are quite useful to their current situation and requirements.

The same applies to those who are aware that they are affected by anger management problems but are unable to take remedial measures, or attend seminars and workshops in company with other groups or individuals. Home study programs on anger management make an excellent alternative, and are a great way to bring your anger under control and personally understand the very quality of anger without being compelled to become a member of a group in case you are not keen to.

At times, there are some people, who give vent to their anger in an aggressive way. Other people may be put in jeopardy. Now, home study programs on anger management ensure that these people do not endanger others on account of their anger. Hence, if you fall into this category, it is better if you address your anger management problems at home.

Moreover, home study programs on anger management allow you to delve deep into your consciousness to find out what is taking place and why it is taking place to you. Only then is it possible to fully grasp the very character of anger and enforce methods to handle it effectively.

The syllabus covers self-thought modules, which focus on aspects that enable you to study the quality of anger as well as the different forms of anger. Being aware of this would allow you to determine the ways in which this personal problem could be changed for the better.

There are times, when you fail to understand what the reason was for becoming angry or why this outburst occurs. The purpose of home study programs is to help you get to the root cause of anger. Besides, there are no other persons observing you, and hence you are at liberty to explore thoroughly your troubled state that would in the due course of time, guide you to an improved and enlightened way of thinking as to your true self as well as what you can achieve for your own self as well as for others.

## **Anger Management – Powerful Techniques To Tame The Beast Within!**

It is important to bear in mind that anger causes people to become more intense and aggressive in their actions and this may prove detrimental in case it is not checked. Home study programs on anger management also seek to present avenues to help channelize anger into more fruitful, valuable, and suitable activities. This will ensure you do not land up in a tight spot in case anger becomes uncontrollable.

Finding out the damaging connotations of anger from home study programs, will further ensure you stay clear of such undesirable behavior, which would result in unwelcome consequences.

Achieving self-esteem and self-confidence are other vital qualities you can pick up from home study programs on anger management.

All things considered, everything comes down to just one thing – the emotion of anger needs to be kept under check.

Anger may appear far worse than it actually is for some people, but the moment it assumes power over you, it can have terrible repercussions and it can wreck you and those around you.

Therefore, if you realize that you suffer from anger management difficulties, you should act on it without further delay. Appraise yourself to determine if you are required to join anger management programs. In case you are not the friendly and outgoing kind or are embarrassed to let people know you experience anger management difficulties, then home study programs on anger management would be a great idea for you.

## **METHODS OF CONTROLLING ANGER**

Putting across the way you feel is good for you. On the other hand, conveying it in an unmanageable way may be quite unsafe. Following are a few methods of controlling anger, which you can pursue to ensure you are not controlled by anger:

### **1. Admission and acknowledgement of anger:**

Where some people are concerned, admitting and acknowledging that they are going through anger management problems is very difficult. This is due to the fact that they are apprehensive of getting unconstructive criticism from others or they are so very angry that they are unable to comprehend that they are actually angry. Whatever may be the reason, it is extremely crucial to first admit and acknowledge that you are under pressure from anger management in order that you will understand the things that need to be done and the ways in which the likely outcomes can be avoided.

### **2. Detecting the cause of your anger:**

Once you have admitted and acknowledged that you are beset with anger management problems, the following vital thing to carry out is to detect the cause of your anger. Now, this would enable you center on definite solutions that would accurately solve your issue. Understanding the cause of anger would also enable you to steer clear of things that tend to spark your anger.

### **3. Set Free:**

A majority of people facing anger management problems, are inclined to recall events and issues that brought them anguish and resentment. This is risky because past anguish and distress could quite simply arouse anger even over trivial issues. Ensure you set free, pardon, and then not recall people and events, which have brought you grief in the past.

### **4. Tackle the issue rather than resolving it**

Within every problem, there lies a solution. This phrase is what makes people hopeful while yet again it makes people get upset about the things that they have undergone, since it is not possible to find an answer to every problem you come across. There are certain issues over

which you have no control; therefore, rather than centering on resolving the issue, seek to understand the appropriate means of effectively tackling this problem. This, in turn, would release you from the consequences of dissatisfaction and anger.

### **5. Reroute**

It is a known fact that anger could bring you and people around you hurt and pain. Even though it is fine to give vent to your anger, the moment the manifestation becomes uncontrollable anger tends to turn dangerous. In such a case, you need to reroute your rage into more fruitful activities. What needs to be borne in mind is that an infuriated person appears tougher than he usually is. Channelizing your energy into doing something safe and suitable is a fine way of making use of your strength.

### **6. Communicate effectively**

Once you are incensed, you tend to lose control of yourself. When that takes place, you, in all possibility, may not be aware of every deed done or word spoken by you. Learn how to communicate effectively. Bring the situation under control. If you communicate effectively, people will grasp what is taking place. Besides, effective communication would enable you to pay attention to others, think judiciously, and firmly impose your authority in situations where people lose control of their anger.

### **7. Ease up**

Try to ease up the situation. Make an effort to loosen up your body. Managing your anger is your individual decision. This means that you are the one person who is answerable whether you wish to become angry or not. Just ease up and relax. It is better if you consider the outcomes of the likely actions you wish to carry out while yielding to your anger, rather than rueing later on the misdemeanors committed once you have quietened down.

## **HANDLING ANGER**

Essentially, there are three ways on handling anger. These are: (i) suppressing (ii) expressing, and (iii) calming.

Suppressing anger denotes pinning it down and redirecting it to some other activity. Anger can prove to be detrimental and therefore by engaging in another pursuit, this undesirable emotion is lessened and the activity turns out to be productive.

Expressing anger denotes letting go of it in a favorable and not forceful way. As there are quite a few people, who are unable to contain their anger and reroute it into another channel, expressing it is the best possible way out but it must be made certain that this anger does not cause harm to others.

Calming refers to managing this emotion from within. In this manner, the physiological reaction is brought down also.

These three ways are the basis from which various strategies on anger management can be derived. The following are some such strategies:

### **1. Proper Handling**

Anger can give rise to numerous undesirable consequences such as frustration. This kind is frequently brought about by problems. Generally, people are of the opinion that there is a key to every problem. But in reality, this is not so. Rather than exasperatingly trying to resolve a problem, it is better to concentrate your energies on tackling the situation. Deciphering anger will not be successful, if you are constantly seeking an answer. Initiate a process to manage anger by planning, systematizing, and controlling the situation in a way that produces rich results.

### **2. Calm down**

Trying to calm things down from inside is a much better method of handling anger. Straightforward and uncomplicated ways like breathing and picturing peaceful things would successfully make available a great channel for releasing anger.

A simple way of going about this is:

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Loosen up your shoulders. Ensure they are not taut. Breathe deeply from your diaphragm. Go over the steps again, while phrases like 'relax' and 'calm down' run through your mind. Do not reflect on the probable reason for your anger. See in your mind's eye tranquil places or comforting experiences.

Doing easy work outs also help lighten up your mind as well as body.

### **3. Changing the ambience**

Ennui can at times give rise to annoyance and rage. Now, this is on account of the fact that a schedule is always linked with responsibilities from school, place of work, or home. Places linked with workloads can sometimes kindle fury and annoyance.

In order to handle anger linked to the environment, changing the ambience would do a world of good. Going on a holiday or making a trip out of the city that would bring about a fresh new environment and disregarding any thoughts that tend to annoy and madden you, would work for your benefit. Take time out, to travel to places that will soothe and comfort you. You need not go very far. Within your home, you can retire to a quiet and restful room, or take a brief time-out to relax and unwind at your own workstation or somewhere close by. What is important to note is that in order to eliminate annoyance and rage, you should work out a method or move to a location where such thoughts cease to exist.

### **4. Funniness**

Funniness or humor can help relax your stretched nerves as well as that of others. Humor facilitates the reduction of stress experienced by you.

### **5. Changing your thoughts**

Most people give vent to their anger by employing unpleasant words, foul language, or any term that can convey what they are feeling. Now, these people would often overlook that there exists an opportunity to turn things around (in case the origin of anger is disillusionment). What is of essence is that, so as to take note that there are a number of ways to manage your anger, you need to change your thinking process together with the way you perceive things. This will enable you to let go of your anger or annoyance in a far more productive way.

### **The Ever Important Role of Anger Management Counseling**

It is a myth that anger management counseling is for the odd crazed individual alone. Anger can and does strike everybody, and it is true that it has a worse effect on some people than on others. However, if you do not learn to control this emotion, things could take a turn for the worse any given day, and you could well find it controlling you one day. It is therefore good for anyone to take a lesson in anger management.

The first step is to get an idea of what anger is all about. Ask yourself the vital question of whether you pose a threat to yourself or to those around you when your anger gets to you. If your answer is yes, then you need to seek professional help from an anger management counselor at the earliest. Do so before you cause damage to your life and maybe to someone else's as well.

Recognize the adverse effects anger could cause

It definitely is common to see people with uncontrolled tempers. How often do we yell at the kids when they make mistakes, genuine mistakes? It is alarming to see people striking out at animals because they made a mess in the living room. After all, what else is to be expected from an untrained pet? The answer could never lie in violence, it does lie in training. However, that would be veering away from our topic. In any case, if you realize you behave in such a manner at trivial issues, you would do well to get anger management counseling.

Uncontrolled anger can ruin a perfectly good day at the slightest bit going wrong. When your anger flares up, your muscles become tense, your facial expression turns into a scowl, and this is generally accompanied with verbal abuse. Not a very pretty sight you will agree. If you suspect you may have an anger problem, do try and talk to a close relative or good friend about it. Get feedback on your anger. Is it uncontrolled? Could it pose a threat to yourself and to others? The role of this person in your life could do you extreme good. Do take the feedback and use it to positive effect in your anger management. Of course it would do no good if the only outcome of the person's feedback would be that you get cross with them.



**The Plus Points of Anger Management Counseling**

Counseling will help you face your problem rather than hide behind a cloud of anger. You will get to know your inner self better, for better or worse. In any case it will help you become more in tune with yourself and more in peace with yourself. The counseling process will eventually help you get in control of your emotional side, and therefore in control of your life as well.

### Use these tips to help manage your anger

Life sure is unpredictable. You never know what could happen to you with every new day, for better or for worse. We deal with all kinds of people and with all kinds of situations. But one thing is for sure – we do face people and situations that irritate or anger us. So, it is better to face the fact that we do get angry at times and to start dealing with it for our own good.

Often at work, we let people get to us. Do evaluate if somebody is purposefully trying to make you angry. If this is true, then there's all the more reason for you not to let them get the satisfaction of driving you up the wall. Keep your cool! On the other hand, if someone gets on your nerves without meaning to do so, you need to curb this kind of anger as well, or you may end up hurting somebody for no apparent fault of theirs. If this is the case, a friendly chat may be the solution.

When anger appears as a result of direct provocation, it is usually with an intention to get you into some sort of trouble. Do not let that happen. Instead, breathe in and breathe out calmly, and you will clear your mind by doing so. The minute you fly into uncontrolled rage, you've already lost the battle.

If you are the object of someone else's anger, try and get your self as well as him under the effect of calmness, by speaking in a soft tone. It is the natural feeling to shout at the other, but try and avoid that; you may resolve the situation in a matter of seconds this way.

If you find yourself in a trying situation where you cannot actually display your anger, you could vent it into something harmless like scribbling on a piece of paper. This works well especially in places like formal meetings and business discussions. Physical exercise is another great way to lose some anger and get something constructive out of it in the bargain.

Get in control of your anger and release it in doses when and if required. If you are in charge, you need to let the person in question know that he has angered you. This can be done in a number of ways, and different people need to be spoken to differently. Yelling is rarely ever the right route, it only helps destroy relationships. Finally, when you have done something wrong yourself, do be honest enough to accept the fact and to apologize where necessary – this by far is the most important anger management strategy.

**Anger Management: Recognize the type of anger that you have**

Anger is of different types, and can be classified into categories. Recognizing the classification of your anger will help you deal with it better in the long run.

- a. Behavioral Anger: When a person experiences behavioral anger, he or she usually confronts the subject that angers them, which is usually another person. Physical harm may follow verbal rudeness. Such are the characteristics of behavioral anger.
- b. Chronic Anger: A person that suffers from chronic anger does not always have a rational explanation of why he is angry all the time. Such people hate the world that they live in, hate themselves, hate everybody else and generally fly into tempers at the slightest motivation.
- c. Constructive Anger: A person who deals with his anger by canalizing the anger into a constructive path such as self improvement is said to have constructive anger. This is often a result of self help and anger management courses.
- d. Deliberate Anger: When a person deliberately poses as he has anger, often as a ploy to control subordinates, this type is called deliberate anger. It is usually a fake enacting of anger, but could escalate into other forms of anger occasionally. Deliberate anger also leaves quickly, especially when confronted.
- e. Judgmental Anger: people suffering from this form of anger usually put other people down in front of gatherings, to try and make themselves look superior.
- f. Overwhelming anger: As the name suggests, this form of anger exists when the emotion has really got to the root of a person. People experiencing overwhelming anger just cannot stand the situation they are in, and often find destructive means of relieving themselves by self hurt or by hurting other people physically.
- g. Paranoid Anger: The paranoid form of anger is totally without just cause. People often work themselves into a frenzy imagining that someone were against them. This is called paranoid anger.
- h. Passive Anger: This is a somewhat controlled form of anger where the person experiencing it does not directly show his anger. Instead he resorts to mocking the person who angers him, in a sarcastic manner.
- i. Retaliatory Anger: This happens as a result of another person's anger towards you. When you retaliate in self defense in an angry manner, this is called retaliatory anger.

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- j. Self Inflicted Anger: Here, a person who is angry with himself punishes himself by inflicting pain upon his own body. This is a common phenomenon with drug addicts.
- k. Verbal Anger: Here, the only damage that is done is verbal abuse to other people. This could often be the beginning of other forms of anger.
- l. Volatile Anger: This could range from mild anger to an absolute fury, and leaves just as suddenly as it comes. The intensity and the time depends on how well it is controlled by the individual.

### **Anger Management Courses and WHY you Need them**

There are only a few people who can honestly say they have their anger under control. Most of us do fly into rages when the right strings are pulled by other people or by situations that come up every now and again. You do not have to have made a crucial mistake to register yourself in an anger management course. You need to do so before that happens. As it is wisely said, a stitch in time saves nine, and that is only too true with anger management. Take control of your anger before you cause some serious damage.

Employers often arrange seminars and guest lectures on anger management, because they know that when tempers are under control, there will prevail a better work environment in the company. This is especially true with jobs where deadlines are tight. Non Government Organizations also arrange anger management courses every now and again, most of which are free for all to attend. That's a great place to start if you are looking to get that anger under control.

#### **Finding the right anger management course:**

The internet is a great place to begin looking for the right course in anger management. You will also find a number of e-books and articles on the subject, many of which would be free to download. Most organizations will have their advertisements published online, and you could well find an anger management course in your city simply by looking online. If that doesn't work, try the yellow pages. The right anger management course could be just a phone call away.

#### **Why you would want to enroll in such a course:**

Well, the foremost reason is that it is going to help you live a better life. However, some people would not want to accept that they need help, and the worst cases usually fall into this category. It would be great for a trusted friend or family member to intervene as counselor to such people. Chronic abusers and recovering drug addicts are people who definitely need help with anger management. This is however not so easy at times. It is a difficult task to convince someone they need help when they do not want to accept the fact. It is better to leave the counseling to

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the trained professional psychologists and counselors. It is enough if you as family member or friend, could convince the person in question, to meet with a professional.

Once a person is enrolled in an anger management course, that's half the battle won right there. In just a few sessions he or she realizes they are getting in control of their emotions and therefore in control of their lives, and that's not a feeling that anyone dislikes.

### Anger Management Certification

**Summary:** This article gives an overview of anger management certification as a career option for those in the field of behavioral therapy who wishes to specialize in it.

The world is waking up to a wide range of problems which are the result of living in a fast paced world. The society has to deal with the increasing issues related to anger and anger management. Anger management certification is gaining importance in light of the fact that there is a need for specialized training courses for professionals to deal with the issue. Since anger management is related to human resource management, companies and business houses are realizing the need to have a dedicated department to look into these issues for the benefit of their employees. This has created job opportunities for professionals specializing in this field, and they are being sought out for recruitment as counselors and are therefore in great demand.

There is a growing need for anger management certified personnel. In areas relating to law enforcement, correctional facilities, pastoral care, substance abuse, mental health and domestic violence, counselors with anger management certification are necessary. Many institutes have been set up for providing specialized training in anger management certification. Social workers, therapists and counselors working with individuals experiencing aggressive behavior, can now choose to receive professional training to obtain anger management certification.

Anger management certification provides the person the necessary skill to work with various groups who suffer from anger related behavioral issues. There is a large population in schools, colleges, mental health institutions, prisons and even in companies trying to cope with feelings of rage and anger. Most people try to work out the issues themselves, but fail very often because it is a challenge to address anger related issues without the specialized skills. All these people need professional help, and a counselor with anger management certification is their best option.

The certificate courses teach the individuals various forms of self discipline and how to handle difficult situations during therapy sessions. They help their patients to make changes in their way of thinking by training them in self control. The counselors have acquired skills to help the

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affected people to use techniques and strategies to control their anger and improve their quality of life.

A doctor or medical practitioner should be able to set up an appointment or provide the contact information for those searching for a professional with anger management certification. People can also take advantage of the facilities for anger management set up at their workplace. Schools too have counselors with anger management certification to help and guide students struggling with anger issues. Anger management certified professionals are available online to provide instructions and advice for those seeking therapy.

Anger management certification is a good option for those individuals who want to make a career in the field. Due to the growing problems related to anger management it is a qualification which is in great demand. There are many well paying jobs available to those who possess anger management certification. The training not only helps the patients but also the individuals themselves who may at times have to resolve an ugly situation during the course of their jobs.



### **Anger Management For Kids - What To Do When Children Get Out Of Control**

**Summary:** Most kids are open about their feelings, but sometimes verbalizing their emotions like pain and guilt may be difficult for them. Clues to a child's behavior pattern when angry cannot always be obtained by conversing with them and adults have to observe keenly outward signs of anger-issues; we cover some of these here as well as tips for handling such situations.

Each kid is different and therefore even their reaction to a situation is unique as the individual is; therefore, parents cannot expect the same response to a difficult situation from 2 different kids. While one kid may display anger through silently retreating to their room, another may simply be sad and still another is likely to break toys, throw a tantrum, display a fit of rage etc. Handling each situation calls for patience, understanding and psychological balance to be maintained while dealing with an angry kid.

Helping a child displaying signs of anger, such as rolling on the ground and aggressive behavior is very important to avoid future issues with the same kind of upsetting situation occurring and to help him or her become aware of their undesirable behavior, in order for anger management programs to work.

Anger management for kids is different to programs conducted for adults since talking or discussing the issue may not be conducive for less mature minds that kids have, besides difficulty with verbalizing their feelings; thus, with a little bit of research and experimenting with various resources on the topic as well as trying out different techniques for controlling and diverting anger in a positive way, kids with an anger issue can benefit from coping with their uncontrolled display of anger.

Among the most useful resources on anger management for kids are a variety of books by expert psychologists, movies and websites on the net that inform, educate and guide people through the maze of info available on the topic of anger and how to best deal with the issue to help children and their families.

Kids anger management programs are specially designed for their benefit as the ones for adults revolve around participation in a support group, talking and discussions, which are not the best

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way to get results from children who are less mature mentally. The best recourse then, for a child's anger management therapy is to conduct it via a series of fun and interesting activities.

Some of these specially designed anger management programs for kids are based on enjoyable activities that include involving them in games to reinforce positive values and teach them sharing and desirable behavior. Kids are given coloring, puzzle and quiz worksheets depicting angry situations with possibly negative and positive consequences with more emphasis on the good results from managing anger right. This combines fun and games for anger management for kids.

A play-way method for inculcating good values and re-directing anger is better than a one-on-on session with an anger management counselor as far as kids are concerned This is because worksheets and games methods work well to bring out acceptable behavior traits in kids as opposed to as designing lesson plans that requires logical thinking is for adults only.

Anger management for kids is very important for teaching them desirable and acceptable behavior in society and to help them overcome their problem behavior to emerge successful teens and adults in their future life. Finding out why a kid is upset and displaying anger in a negative way, working to eliminate the reaction to teaching positive ways to show anger through repetitive activities is a proven method of anger management therapy for kids.

**Anger Management - Partake In Activities That Release Stress.**

**Summary:** A real challenge for many people involves dealing with anger and its consequences; learning ways to deal with annoying situations can help reduce a lot of unnecessary stress and strain. We cover some reasons for the same here.

Many people suffer fits of rage and anger and though most children are the exception, at times older kids may be susceptible to feeling uncontrollably angry and helpless too. Those that can identify with this problem of untamed anger are in a better position to be helped as recognizing the situation is the first proactive step one can take towards joining up for anger management classes and applying techniques learnt there to their daily lives.

Apart from getting the chance to learn anger management techniques at various stages in the classes, people get to learn ways to deal with confrontational situations under expert guidance of counselors and medical health specialists.

Participating in a variety of anger management activities helps individuals that have trouble controlling their temper and those disposed towards violent or uncivil behavior to give vent to their feelings in a less harmful, more positive and regulated manner.

Among the various activities taught to individuals at anger management classes is to verbalize their angry feelings while still another effective technique is to free the angry emotions through exercise. This is a preferred form of anger management methods as it has a positive mood enhancing effect on the individual, decreases negativity and is simple to follow; from walking or jogging in the park to gymming it out or indulging in a sport, there is no dearth of choices for letting off steam - positively.

Other healthy ways to re-direct the energy consumed by being angry include going on a hike, communing with nature, being in an environment that bodes serenity and beauty so as to enable the lowering of stress and worry that go hand in hand with excess anger.

The tension release provided by exercise that is enjoyable allows an individual to clear their head, especially those that involve any form of physical activity outdoors in the calm, rejuvenating beauty of nature.

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Besides the above ways to manage anger, persons suffering from severe and uncontrollable bouts of anger can also avail the services of a support group, attend a camp or a retreat to overcome the difficulties they are having with coping with their tempers.

Advantages of doing so include getting the problem out in the open, knowing there are others like them and this in itself helps them realize they are not alone in dealing with anger management, which is a real issue. Simply verbalizing their problem helps some persons feel better and gives them hope to plough through a difficult stage in life while for others, the group support gives them encouragement and mental strength to deal with various issues and common themes that disturb them.

When children get uncontrollably angry and defiant, anger management techniques may be necessary to enforce to help them cope with a situation that is overwhelming for them: but since kids are impatient with counseling on one-to-one basis and group support, the best way for them to deal with angry situations is to involve them in fun and games. From coloring pages to keep them gainfully occupied to finding them fun-trips to go on and sporty hobbies to take up that will take up the excess energy in the right direction, there are many anger management techniques beyond taking them to the therapist's chair that are workable.

Thus, anger management for adults and that for kids are two very different approaches to take in order to show effective and positive results that are long-term in dealing with excessive anger; no amount of bullying or force can help bring these issues to the right conclusion as patient hearing and understanding can.

Choosing an anger management activity that is fun, interesting and enjoyable for the individual is the best way to keep them focused on completing it and getting the desired results.

**Anger Management In Children - Why It Is Important To Check For Signs Early!**

**Summary:** Uncontrolled anger can be dangerous for a child or even the rest of the family that has abrasive and problem-behavior, possibly even violent reactions from a person within its folds. This is why it is extremely important for general well-being of the child as well as those around the affected individual to look for signs of a pattern, cause or the root of the anger-issue in order to help the person find better ways to deal with temper instead of negative reactions.

Anger is a regular emotion but needs to be addressed right to be displayed positively for a healthy lifestyle. Some common scenes we can conjure of extreme anger include couples fighting, abusive parents that beat children or teens being intolerant and insolent with figures of authority, though even children are affected by intense feelings of anger - even very small ones!

Anger in very young children is difficult to pinpoint as it needs careful observation to identify this problem; very small children cannot express their feelings and their getting upset is taken as a temper-tantrum when it may well be a case of not being able to verbalize their emotions. A little kid in a mall demanding something may throw a tantrum and it can be upsetting for parents and the kid both to witness such a situation, but dismissing this kind of behavior - as is often done - is not the solution to deal with it. Being a child is not an excuse for bad behavior and even angry children must be taught about negative, undesirable behavior.

A child's upbringing must include guidance, tolerance and patient discipline towards desirable behavior through stressing on a value system and appreciating and acknowledging desirable behavior; since children learn from a young age what is good and bad, they must also be directed in the path they should follow to become healthy teens and adults, including controlling their temper.

Anger management programs are specially designed to find out the root cause of a particular child's anger-issue as each one is different and thus treatment must be individual too; this makes it imperative for the program to be based on a specific area for one child and another for the second and so on, using multiple methods for testing the problem nagging the person. Some kids resort to an angry outburst, others take a silent or uncommunicative approach and still others don't give a clue to their inner feelings; in all cases, time is of importance in understanding, identifying and solving the search for reasonable reactions to anger-issues.

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Involve young kids in anger management awareness by giving them activity sheets with coloring pages, quizzes, puzzles and situations that require ideal behavior answers if the children put themselves in certain situations described or depicted there. They are aimed at being a play-way method to effectively teach anger management to children by giving them something enjoyable to do that holds their attention long enough to deal with the problem in a subtle way and teach them better values, such as sharing, using toys in turn and being polite even when disagreeing with someone.

Games and worksheets designed around potentially tense situations for children are thus, both ways to teach them about anger management even without kids realizing their problem is being assessed and addressed.

For older children who are willing to verbalize their feelings, it is a good idea to take them for counseling on this issue and build trust and comfort levels to bring their inner-most feelings in the open to find the best way to cope with situations and people that make them angry besides teaching them about ways to deal effectively, positively with anger. They can be asked to write down or draw the angry situation or reaction to bring out the pain, frustration and embarrassment of an angry situation and telling them asking for help is not a bad thing, is just the way to go about making anger management techniques successful for both younger and older kids.

### Use these tips to help manage your anger

Life sure is unpredictable. You never know what could happen to you with every new day, for better or for worse. We deal with all kinds of people and with all kinds of situations. But one thing is for sure – we do face people and situations that irritate or anger us. So, it is better to face the fact that we do get angry at times and to start dealing with it for our own good.

Often at work, we let people get to us. Do evaluate if somebody is purposefully trying to make you angry. If this is true, then there's all the more reason for you not to let them get the satisfaction of driving you up the wall. Keep your cool! On the other hand, if someone gets on your nerves without meaning to do so, you need to curb this kind of anger as well, or you may end up hurting somebody for no apparent fault of theirs. If this is the case, a friendly chat may be the solution.

When anger appears as a result of direct provocation, it is usually with an intention to get you into some sort of trouble. Do not let that happen. Instead, breathe in and breathe out calmly, and you will clear your mind by doing so. The minute you fly into uncontrolled rage, you've already lost the battle.

If you are the object of someone else's anger, try and get your self as well as him under the effect of calmness, by speaking in a soft tone. It is the natural feeling to shout at the other, but try and avoid that; you may resolve the situation in a matter of seconds this way.

If you find yourself in a trying situation where you cannot actually display your anger, you could vent it into something harmless like scribbling on a piece of paper. This works well especially in places like formal meetings and business discussions. Physical exercise is another great way to lose some anger and get something constructive out of it in the bargain.

Get in control of your anger and release it in doses when and if required. If you are in charge, you need to let the person in question know that he has angered you. This can be done in a number of ways, and different people need to be spoken to differently. Yelling is rarely ever the right route, it only helps destroy relationships. Finally, when you have done something wrong yourself, do be honest enough to accept the fact and to apologize where necessary – this by far is the most important anger management strategy.

**Anger Management - Some Handy Hints For Hot-Headed Humans!**

**Summary:** Many different emotions can be at play for a person to be uncontrollably angry. Some of these can cover a range of feelings that leave one feeling alienated, stressed out, plain irritated or completely stressed-out due to a difficult situation or even a crisis, which can make certain individuals rather on the defensive. Anger management helps people stay on top of their strong feelings instead of allowing them to possess them.

Being and staying furious is not a mature reaction and anger management helps persons faced with intense anger to deal with an overwhelming emotion in a positive manner. Thus, while professionals involved with designing and teaching anger management define it to be a method of addressing, identifying and solving a tense situation by getting down to the root cause of anger, they also help individuals realize how to minimize stress during trying circumstances. This is most workable when people faced with anger issues realize there is little to be gained by being angry and a lot more to be achieved by being calm.

Even when anger subsides, the problem remains and persons with long-standing anger-issues need to understand this in order to recognize and work on the things that make them angry and learn how to control their reactions to situations and abrasive people that threaten their mental well-being. The first and simplest way to avail anger management help is to open up and verbalize angry emotions and feelings that cause hurt, tension and anxiety in a person with an understanding friend or family member as most angry people need a sympathetic ear when dealing with difficult situation. A mature listener will help the angry person understand the other person's point of view without hurting their feelings and smoothen over ruffled feathers in a calm manner, but sharing the problem is essential to getting the right help.

Writing down angry thoughts or keeping a journal is another effective anger management tip that minimizes stress since instead of verbalizing angry emotions, one has put them to paper; at times, this method is better than confrontation, which can cause conflict and rifts to further widen if the person involved is also hot-tempered.

Writing down angry feelings also has the advantage of being a technique that helps one arrive at conclusions about trigger-factors that led to the person being angry, upon reflection at a later



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stage as being able to re-read the notes made provides insightful info on reasons for anger and perhaps a clue into the real cause of the turbulent situation. Finding a solution is easier then, too.

Keeping away from a tense situation or going off on a holiday or even a walk (me-time) is another way to deal with anger that reduces stress and keeps a person away from potentially damaging (for mental health) situations besides giving them time to reflect on their actions and the incident.

Spiritual leanings, prayer and meditation and silence are other ways to deal with anger that bring down stress levels and wash away the pressures of life; these can be taken up by people who are comfortable with being alone and want to bring a positive change in their lives. They are also looked upon as being a balm for broken spirits and restorative power for world-weary souls.

Staying fit and light, learning breathing and sporty exercises, getting adequate rest and communing with nature besides looking on the lighter side of life are some other effective ways to deal with anger and many people find the answer in music as well as opposed to confrontational methods. Pick the one that suits you!

### **Anger Management Groups - The Benefits Of Joining Anger Management Groups**

**Summary:** Anger management is a rising issue with more and more people having lesser control over their emotions and responses than ever before; joining a class or support group besides therapy are some ways to dealing with excessive or violent anger situations individuals face.

Emotional problems and unresolved issues lead to anger and bouts of rage that are uncontrollable in nature that can adversely affect a person's mental health and this is why it is important to address and solve these at the earliest, though it is a long and arduous challenge. Thinking that they can deal with anger management on their own is a mistaken illusion that many persons have as only those with a deep and abiding commitment to change themselves win while others need to get counseling help.

Signing up with an anger management group is much like having a safety net for those persons who have been affected by anger-related issues for a long time; this provides them group therapy and lets them feel less alienated than in a psychological counseling session as they know there are others with the same problem - they are not unique in feeling the distress of extreme anger and subsequent reactions. It therefore helps them talk, discuss, overcome and solve matters at the heart of their temper-tensions during the course of the anger management class. Since these classes are conducted with an understanding approach towards those with anger management problems, they are in an environment that is non-judgmental and therefore conducive for bringing about change in form of desirable behavior.

Being part of a support group empowers persons having difficulty dealing with anger management issues to share and discuss their problems with individuals in similar situations while giving them the comfort of knowing they are not alone. These groups may at times deal with only individual issues or can be designed in a manner to help families with a common anger management problem through counseling, group therapy and getting them involved in various physical activities that are enjoyable and fun ways to release tension, lower stress and minimize more problems associated with uncontrolled angry reactions.

The family-oriented anger management support group sessions are aimed at preventing the suppressed anger or even the apparent anger from spilling over through negative reactions onto

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other members and disrupting a normal family life; it is good for helping couples and children deal with anger issues within a family set-up through various problems and are run on a principle of hope and encouragement.

To avoid undesirable behavioral issues, those identified with an anger management problem are advised to join a support group, camp or retreat that is designed for their specific resolution of issue in a timely manner while keeping them in as serene an environment as possible; it can be different from their normal one and filled with unusual treats and activity scope that is otherwise out of their reach so interest levels are high and therapy is much like play-way.

For children with anger management issues, there is the choice of sending them to camps exclusively for boys or those for girls; most allow students in the 12-17 age-group to participate in various fun activities and function as a support group for them to deal with difficult situations that are likely to make them angry.

Society has opened up a lot towards recognizing anger management as a much-needed therapy for couples, families, children and even as something that needs to be addressed in the workplace. Thus, even churches have anger management support groups for congregational members to empower them to deal with daily life problems in a healthy, practical and calm manner and turn them into capable individuals that have other options of dealing with an impossible situation rather than resorting to anger or violence.

## **How To Control Your Anger - Learning Healthy Anger Management Strategies**

**Summary:** Anger management strategies and their importance can never be stressed enough for those persons who are plagued by the knowledge of recognizing they have a problem with dealing with uncontrolled, aggressive emotions and are looking for practicable, workable ways to deal with the issue.

There are many different scientifically tested and proven methods in use for anger management and these are aimed at helping persons with a short-temper to control it and divert that energy into a positive channel instead of venting their frustrations in a negative and harmful way.

Uncontrolled anger, fits of rage, violent display of temper and negative response to upsetting situations are all signs of an angry person who is asking for help to deal with a behavioral issue and this should be extended through proven methods before the person turns reckless in behavior or reaches a violent stage.

The basis of anger management strategies is understanding what triggers off the unhealthy response to angry situations in a person and help them deal with his or her emotions in a manner that is acceptable to civil society so they can lead a regular, happy life, without disrupting it for others or ruining their own chances at healthy living.

The simplest method that anger management strategies recommend include removing oneself from a situation that compels them to take violent action or by practicing time-out; this can be followed through the means of going for a walk on the beach or taking a car-ride to loosen up or even taking up a physical activity to release the tension and energy without affecting others around them.

Reading, music, sitting silently are all good ways to tune out of a frustrating and angry situation that are effective as anger management strategies besides taking up a sport.

While on the subject of healthy anger management strategies, we need to also mention the importance of recognizing that uncontrollable anger is a problem and seek help to rectify a situation that is out of control without a very confrontational attitude with another person so the individual is held responsible for his or her feelings and subsequently, reactions to the situation.

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Thus, to identify the source of anger from within an individual and then work towards controlling the outbursts is a preferred anger management strategy for many counselors to help persons experiencing sadness, envy, confusion, conflicting emotions like hurt and fear or even frustration.

Reflecting on past situations that were frustrating and caused the individual to react in a negative way is yet another healthy anger management strategy that helps them decide how they can incorporate changes in their behavior to learn from these undesirable actions and in turn avoid or cope better with a similar situation should it occur in future.

The last resort that counselors designing anger management strategies recommend is confronting the person or facing up to the situation that causes an individual to react abrasively; first, the root of the problem and the reason for the anger has to be determined, then one can work towards finding a solution for controlling it in a calm manner. At times, the answer is a welcome one if an angry situation is faced in a serene manner as it turns out to be only a misunderstanding.

Contemplating the present reaction to a tense situation and options to change it form part of a healthy anger management strategy that is based on the principle of acceptance, which allows persons to identify, discuss and bring in change in the way they speak, deal or walk away from a potentially negative reaction to a situation.

Thus, we find that learning about anger management strategies is a positive step towards desirable behavior and ways to check anger responses in a less negative manners; resources include reading books and material available on the topic and going online to learn ways to deal with anger through healthy anger management strategies.

## **Anger Management - The Nature And Scope Of Anger Management**

**Summary:** Anger is a universal emotion that is felt by children and grown-ups and sometimes it can be expressed in a negative manner, which is why anger management is the call for modern life in order to remain mentally and emotionally healthy.

While anger is natural to feel, reacting to situations and people that make one angry is very much something that can be controlled as uncontrollable anger can have negative consequences that are harmful for the person and those around him also.

Anger can take many forms: the mildest one is irritation or annoyance and build up to rage or an individual becoming furious. It all depends on the type of personality experiencing and reacting to a certain intolerable situation that is disagreeable to them; some persons have the nature to retreat to silence, others react aggressively and some get on the defensive. Angry outbursts that are of a violent nature must be controlled and governed by sensible, mature action for a healthy adult to stay calm and collected, a prerequisite for normal behavior in society. Even bottling up anger is not good since the emotions rage on inside and harm a person; therefore, addressing the root cause and finding ways to cope with it in a positive way is very important.

Those individuals that become careless and abusive when faced with a difficult situation need counseling and help for controlling their reactions and taming their anger; this is what anger management programs are all about.

Admitting there is a problem, identifying the cause of the anger and working on the trigger-factors covers the range of anger management programs for adults. Counseling, one-to-one sessions and group support discussions with similarly placed individuals are some ways included in anger management programs that help persons with anger-issues address their problem and recognize what is making them angry, hereafter they are guided towards accepting responsibility for their reactions and taught how to display or react to angry situations in a calm, mature and non-conflicting manner instead of playing the blame game.

Anger management lessons emphasize on an individual's actions and reactions to an angry situation and teaching them appropriate ways to direct that emotions, without harming themselves or others around them.

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While anger management is the answer to controlling and preventing angry outbursts and fits of rage that can be reckless in an individual, getting professional help or admitting the problem is not easy for many; it is therefore important to convince such persons that they need to get help immediately to avoid major problems in future life as though anger is normal, violent rage is not. Uncontrolled anger can lead to many losses such as job, family life and even the identity of a person and this must be explained to those people with anger-issues.

Anger management should be regarded as a step towards ensuring a better quality of life rather than a punishment and individuals concerned must be persuaded to understand the depth of their problem if unresolved anger-issues are left bottled up, how enslaving it can be for a person later on in life. Thus, the importance of anger management strategies and techniques should be emphasized, such as signing up for programs designed for different people: children, adults, couples and families besides those facing anger-issues at work. These aim at teaching people ways to work out their problems after identifying the cause, controlling and redirecting the anger in a positive way and living towards a happy, healthy life instead of letting the anger rule their life - and possibly ruin it, if left unaddressed.

## **Anger Management - Defining The Nature Of Anger Management**

**Summary:** Anger is a natural and universal emotion that is experienced by children and grown-ups alike; at times, when it is uncontrolled, it can take the form of intense rage and cause individuals to behave in a reckless, dangerous and undesirable manner that is harmful for them as well people around them. Anger management deals with ways to help individual control, redirect and tame their temper in a positive way.

While some people faced with an anger-issue can blame it on a person or situation, others are more open to recognizing their own limitations and seek help to deal with the problem. Whatever the case be, anger management is a term that can be applied to either situation that calls for reacting in a healthy way to feelings of intense pain, hatred, envy, frustration and embarrassment instead of reacting negatively as many abrasive people are prone to doing. The milder form of anger is irritation.

Anger and angry reactions differ from person to person as each individual has a certain range of tolerance that is crossed by an individual irritant or persistently occurring situations; from annoyance to rage to being furious, there are personal factors at play for every person affected by angry emotions. Some angry people get on the defensive while others find attack the best form of defense so start fighting and still others bottle up their emotions and go silent; the most worrying is abusive anger, which needs to be immediately addressed for it to be controlled.

Thus, we find that the process of controlling anger is called anger management and it is extremely important for a person's mental health and well-being to react calmly, positively and in a considerate manner to feelings of anger, which is what programs teaching anger management are designed around.

Acknowledging the problem of intense anger is the first step towards getting help; though this may be difficult for some people, recognizing there is a problem is the only way to move towards getting the help one needs as accepting responsibility for negative or violent actions is the mature way to cope with anger instead of playing the blame game. People with anger-issues have to see their role in an upsetting situation instead of looking for a scape-goat, which is a typical reaction and they must be taught to decide responsibly, their actions and reactions to anger. This is the basis of any anger management lesson plan.



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Those persons with unresolved anger management issues may sometimes feel hard pressed to run away or avoid facing their anger-issues, but it is realistic to have to do so as it can otherwise lead to major problems in the absence of the support and knowledge of proper medical counseling on anger management and they can end up losing out on family life, job security and even their own sense of well being as a result of being blind to the problem; this must be realized at the earliest to solve the anger-issue.

A person with a bad temper or uncontrollable fits of rage needs to be made aware through understanding and support that there are many resources at hand he or she can utilize to address their particular problem and anger management is a way to reach a better standard of life rather than a recourse for bad people. Anger management needs to be defined better to those facing anger-issues so they understand themselves, their emotional expression needs better and seek help to control negative emotions and reactions to lead a fulfilling and balanced life.

Anger management programs and techniques include workable, simple and enjoyable strategies and tips that prevent individuals with an anger-issue from getting angry very often or for very long. Some of these methods include age-appropriate activities for adults, kids, teens, couples and families faced with anger-issues in order for them to cope with tense situations in calm and positive manner.

**Anger Management In Children - A Closer Look Into Effective Therapy**

**Summary:** Everybody experiences anger sometime, including adults and kids. While it can have negative consequences if uncontrolled, unresolved issues related to excessive anger may need professional therapy to be resolved.

At times, children get affected by families that have uncontrolled anger management issues and at others, the kids themselves have temper-tantrum problems that are negative for their development. In either case, these need to be properly addressed and dealt with in a timely and mature manner in order to help them cope with a healthy adolescence stage and later, emerge as healthy adults.

For children exhibiting signs of deviant behavior because of excess, uncontrollable anger, it is necessary for those around to suggest and take up anger management support.

Today's society has laid a lot of stress on children and youngsters so anger management is a necessity for some families to face up to; the emergence of timely support groups, medical professionals specializing in extending help for anger issues and programs designed for different age groups has considerably reduced the risks of uncontrollable anger for many.

Besides these support group programs, even the web holds a wealth of resources on anger management, including tips on dealing with excessive anger and helpful facts on arranging for activities to keep kids with this problem gainfully occupied. One such method is to use anger management worksheets that present different situations that kids have to focus their attention on, read and respond while learning best ways to cope with the tense situation. For younger kids, these worksheets have coloring options while older kids get to work on puzzles, problem solving and other fun questions.

Thus, this constant learning and doing process that anger management worksheets offer help children to recognize and deal with their excessive anger issues through age-appropriate programs and serve as a group therapy tool that is interesting, enjoyable and affords them a new experience.

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Far better than the boring old couch-therapy routine that is anyway difficult for kids that are not talkers, don't you think? Yes, indeed anger management worksheets are the answer to helping children recognize and reveal unconsciously the anger issues that trouble them and bring these to the notice of the community health center professional working on their case - they are readily available on the Internet as well as at the local support centers!

Check out [www.zoot2.com](http://www.zoot2.com) for an idea of what we are suggesting - anger management gets easier when issues worrying children are addressed in a fun, friendly and enjoyable manner such as games and coloring or puzzle-solving activities involve, which is any day better than the drier, clinical method of counseling and talk-therapy. The one thing to remember here though is, that anger management therapy used in this fun-way method as a tool through worksheets needs to be based on the kid's age-group for it to be most effective and enhance developmental progress to a happy, well adjusted teenager life in order to help them deal with their individual feelings and experiences in a healthy manner.

**Minimizing Stress - Learn About An Effective Strategy To Minimize Stress**

**Summary:** Anger management has taken over a large portion of social thinking in today's demanding world, so much so that a lot of material is available in the form of resources to help persons affected by this problem to deal with their tense situations and people that adversely bring out the worst in them.

Apart from books, literature, pamphlets, websites and movies on the subject of Anger Management are available today to help persons affected by uncontrollable fits of rage and frenzied reactions to intense anger so they can find healthy alternatives to reacting to a tense situation or person, without affecting those around them negatively - or even harm themselves, which is a common phenomenon.

While most anger management programs are designed to bring attention to the problem being a real one for the persons affected by extreme bouts of anger, not all are beneficial for everybody, since individuals are different in personality and level of anger expressed. This means while some persons with anger-issues can tune in to the root cause of their problem behavior by reading a book, others get immediate help from verbalizing their reactions and feelings before a counselor or support group that lets them know they are not unique in their having a problem; still others need to vent their angry energies through physical efforts so taking up a sport is the best form of releasing pent-up frustration and hurt that are the underlying factors for anger at times.

There are many websites on anger management and persons who are not keen on reading a book or joining up with a support group and less sporty kinds can benefit from visiting and clicking around these sites to gain useful insight into a variety of anger management techniques they can incorporate into their life to control, tame and redirect their angry emotions in a healthy manner as opposed to an angry outburst.

The most effective form of an anger management strategy however, is to watch a movie on the subject as the common theme will help make an individual realize before their eyes the true nature of others also having a similar problem so they don't feel judged unfairly besides learning about how destructive uncontrolled anger can be as typically these movies have a positive moral behind them. An anger management movie aims at providing viewers with identifiable

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situations depicting persons displaying their anger in a negative manner and the negative consequences of it; in the audio-video mode of a movie, it is imminently more hard-hitting for movie-goers with anger-issues to tune in and understand the necessity to change their pattern of reacting to tense situations, be it the theme of bullying, abusive spouses, battered kids or other common subjects.

A natural reaction for an angry person is to blame anyone in their way and so, viewing a movie on a common theme that is possibly close to their own life situation helps the individual identify and recognize how they can improve through a workable strategy to control their abrasive nature.

Apart from showing angry situations and persons filled with negative emotions that are vented in an undesirable fashion, an anger management movie also aims at providing info on various techniques that are depicted through the different actors in the film as to how to better deal with a particular situation or anger-inducing person/conversation. A fitting ending would be to show an angry individual who has transformed through the step-by-step training for desirable behavior through the course of the movie - sort of like an incentive for viewers tuned in to the anger management movie!

### Sources of Free Anger Management Advice

**Summary:** In this article there are tips on where to find free advice on anger management. It encourages people to identify the problem and seek advice on anger related issues which is freely available.

Anger related issues are a growing problem in the society. The emotion of anger brings out the worst behavior in people and may cause them to be violent and abusive towards the people around them. Families may break up and relationships suffer in the bargain. It is an unfortunate event when close family members and friends have to bear the brunt of the abuse, just because one individual cannot control his temper. Dealing with such a person in the family is stressful. So a lot of people resort to gaining free advice and information relating to anger management therapy.

The first step after realizing the existence of the problem is to seek a doctor. Although a doctor's advice does not come free, he may be able to provide information relating to anger management advice, where it is freely available and also the contact details. There are community centers in most areas which cater to various social issues. They usually have a link up with medical organizations dealing with behavioral issues. One of the social services they offer could be free anger management advice. Another way would be to get in touch with your local social worker who could help in obtaining free anger management advice.

Students can make use of the free anger management advice offered at the school. Schools usually have a guidance counselor or nurse to help the children overcome behavioral issues. If it is a serious problem, the child may be referred to a specialist by the school counselor. One may come across information relating to anger management in magazines or health publications. Anger management therapy is the burning issue nowadays so one may find plenty of articles and write-ups on the topic.

The Internet is one of the biggest sources of anger management advice. There are numerous sites dealing with the subject. They may even help you cope with the problem by training you on line. They provide detailed information which is quite scientific and sometimes endorsed by the medical fraternity. There are sites specifically dealing with anger management for children, teenagers, couples and various other classes of people. The information available on the

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Internet is free and anyone who needs it can just search for it according to his or her requirement.

A lot of people are beginning to realize how anger issues affect the society as a whole. Therefore many endeavor to make information freely available to others so that they can benefit from it. It is a great opportunity to be able to access free advice to treat behavioral problems and people must take advantage of it. One must respect the fact that people go out of their way to help those in need of therapy as they realize the social impact of anger issues. Help is on the way, it is up to the individual to take up the challenge of solving the problem by taking advantage of the facilities.

**Anger Management Classes – Anger Management Therapy**

**Summary:** The article discusses the benefits of joining anger management classes as a part of anger management therapy.

Today, we live in a fast paced world and are constantly stressed out. This affects our behavior and emotional make up. Most people have psychological and behavioral problems which are directly related to stress. Response to this stress manifests in the form of anger. Family life can be disrupted because of a single member's uncontrollable fits of rage. Anger may be frightening to those who have to live with it regularly. Such individuals require help in the form of therapy to manage their anger. Very often, people struggling with these issues try their best to ignore it by sweeping it under the carpet so to speak and hoping against hope that it will disappear on its own. Refusing to recognize the symptoms and denying that it is a problem may prove to be deadly for the individual as well as the people around him.

The first step towards the treatment of anger related issues is to admit and accept that there is a problem. Finding a suitable course of treatment depends on the individual and family involved. There are many options of anger management therapy to choose from. Counseling sessions with a psychiatrist, joining support groups, attending seminars or attending anger management classes are some of them. An individual may select any form of therapy which he is comfortable with.

An anger management class is one such option. These classes are conducted by professionals specializing in the field of anger management and provide training to persons who wish to learn the techniques of controlling their anger. A part of the curriculum of anger management class could be training in deep breathing exercises, relaxation techniques, yoga and meditation. They also teach the way to deal with anger by letting go of unwanted or negative emotions and feelings. The main aim of the classes is to help people to find constructive ways to channel their anger and control their reactions to stressful or unpleasant situations.

Individuals new to the concept of anger management may feel intimidated by the classroom atmosphere. Such persons may be counseled that the classes are not meant to be threatening; on the contrary they are informal and relaxing and will help them cope better. If nothing, these



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classes offer an atmosphere of encouragement and support to a group of people facing the same challenge.

So where can one enroll for an anger management class? The first choice could be a government supported social program in your area. Or, you may approach the local community center or a social worker in your locality for information. Last, but not the least, the Internet is a great source for all types of details on anger management. A little research through a search engine like Yahoo or Google will provide the required information. It will offer you the contact details, dates, time and location of anger management classes specific to your needs. There are online anger management classes as well, and these allow you to study in the comfort of your home. Today, with the number of choices available one need not struggle with feelings of rage and misplaced emotions. Help is available aplenty, one needs just to ask.

### Importance of an Anger Management Course

**Summary:** This is an overview on the benefits of attending an anger management course for those persons seeking to cope with their anger and solve the issue.

Increasing violence in the society is becoming a matter of concern to many people. The root cause of this problem is anger, and most often this manifests itself in the form of violence. It is a human reaction to stressful situations and the individual's way of coping with them. Controlling your temper is a virtue, but not many people have that self control, and it becomes a huge task for them to learn to control their rage. Wanting to control temper and being able to do it are two different things. A person may want change his behavior but he may hesitate to act on his decision. In such cases a little encouragement from close friends or family will go a long way in helping him to take the first step. They must be made to understand that they are not alone and there are others who are in a similar situation.

One way to obtain help is to join an anger management course. These courses teach the individual the techniques to manage his anger in a group or classroom setting. The course may sometimes take a day or it may be for a longer period depending on the topics it covers. The participants are taught strategies to control their anger, relaxation techniques in the form of yoga and meditation. They may be taught to change their way of thinking in response to stressful situations. Anger management course may focus on topics like releasing negative energy and letting go of negative emotions. It may concentrate on self discovery as a means to bring out the reasons for the fits of uncontrolled rage.

Anger management courses are targeted at various groups of people like adults, teenagers, children, couples or families. Joining an anger management course will help the individual get to know other people who face similar challenges. Moreover, it will give them a feeling of support and encouragement because they are not alone. They can form their own support system by forging friendship among fellow classmates to help them cope with an overwhelming situation. Knowing that there are dedicated people who understand their problems and who are committed to helping them goes a long way towards the success of anger management therapy. An anger management course can thus provide more than just information.

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At times, anger management courses are organized in the form of retreats. It provides an escape to a different world for those struggling with daily feelings of rage and anger. Anger management courses built into a retreat allow the individuals to attend lectures and talks on the subject and also meet up with others who are in the same situations. An exchange of ideas and experiences with like minded people facing similar challenges may also help them discover themselves to find ways to deal with their own problems.

If a person wishes to take an anger management course, the first place to go to is the doctor or a medical professional. Social workers and community centers will have information on the upcoming events in the field. Another source of information is the Internet which can provide the schedules and location of the courses being held in your locality. You can then select the desired course as per your requirement.

## **Anger Management for Teenagers**

**Summary:** This article deals with the issues related to anger management in teenagers and the resulting factors that affect their outlook towards life.

Teenage years are very important in the development of a child's personality. This is the time when children are becoming aware of their surroundings, observing and learning from their experiences and growing as a human being. Exposure to challenges and unpleasant experiences and his way of dealing with them make up the personality of the child. Anger is the response of teenagers to upsetting and unpleasant situations and very often they lash out. When such emotions of anger become unmanageable, it is time for the parents to seek professional help in anger management for their teenagers.

As a teenager, coping with the situations which are continuously presenting themselves can be quite stressful emotionally. This strain can unleash many reactions, one of them being anger. When teenagers are pushed beyond their ability to cope, most often anger is the first reaction. It's not the situation, but their reaction to the situation which may sometimes manifest into violence. Anger management for teenagers teaches self control and self-awareness. Anger is an extremely strong emotion and if not controlled, can cause mental and physical harm to others. Anger management for teenagers stresses the importance of dealing with the situation at a young age so that they can be emotionally balanced human beings.

Teenagers are mostly impulsive in their behavior. Learning to handle anger involves being capable to assess the situation and take positive decisions rather than acting on an impulse. This seems to be too much to expect from a teenager who does not have much experience with the ways of the world. But this can be accomplished by counseling, attending workshops and seminars on anger management or joining a support group. There are various methods for anger management among teenagers, but the end result is what really matters. It means empowering teenagers to control their reactions to stressful situations, which will hold them in good stead in their adult life.

Teaching self- awareness to teenagers is a part of anger management. They should be able to evaluate situations that make them angry. They must be able to notice their response to irritating experiences and teaching them to think first and act later in a confrontational situation

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is of prime importance and this will make a great difference in their manner of reacting to the situation.

A teenager who is quick to lash out at the smallest provocation has to be given lessons in self-control. It is said that before reacting to any situation, one has to stop and think of the impact it will have on the other persons involved. So, children should be encouraged to take a few seconds to think before they react. This will definitely give positive results.

Self control and self awareness are the two aspects of anger management. Analyzing a stressful situation is another factor. Parents should be able to gauge their children's behavior and seek anger management therapy for them if there are such issues. The Internet is a good source of information on this subject. One can always read up on the issue to recognize the symptoms, likely causes and the strategies to be adopted in anger management for teens. It may be a challenge to deal with children who have anger problems, but it may be well worth it to adopt anger management if it will help them to become better human beings.

## **Cognitive Behavioral Therapy or Anger Management Therapy**

**Summary:** This article gives insights into the field of anger management therapy and treatment of people having behavioral problems.

In the early 70's Aaron T. Beck, M.D, a psychiatrist, developed an anger management therapy to treat patients suffering from behavioral problems. Initially this therapy was called Cognitive Therapy but now it is known as Cognitive Behavioral Therapy or CBT. For many years Beck helped his patients by using his knowledge of psychiatry for their treatment. However, he found that there was slow progress in the patient's condition. Wanting to have a more intense approach to the therapy, Beck relied on his experience to find a solution to the issue. He realized that negative feelings are formed during the thought processes of an individual, which led to a change in emotions and thereby behavioral patterns. He analyzed that if a person can be treated at this stage, by helping them change their manner of thinking, it could bring about a marked change in their behavior. This idea formed the basis of CBT.

Cognitive Behavioral Therapy is a relatively fast method of treating patients for anger management. It encourages an individual to make a change in their way of thinking. A person's response to any situation depends on the way he perceives it. Negative feelings will very often lead to stress and anger in an individual. CBT endeavors to prevent these problems by trying to teach the patient to be positive in their thinking. It uses strategies like assertiveness training and relaxation techniques to provide relief to the patients and has proved to be a highly effective tool for psychological treatment. Many psychologists use CBT to treat their patients and are satisfied with the progress they are making. There is plenty of literature available on the subject and training is provided to those who wish to specialize in the field of anger management therapy.

Persons suffering from anger-related issues very often refuse to accept the fact that they need therapy. It is perceived to be a sign of weakness and they do not want to admit that there is a problem. Contrary to this belief however, it can be said that persons seeking anger management therapy are strong-willed and determined to get help in making a change in their lives. The first step in anger management therapy is when the person admits he needs therapy and willing to take steps to overcome the problem. The next step is to find a good therapist who puts them at ease. The relationship between a patient and his therapist is a very important one.

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Having a trusting relationship with the therapist is vital to the treatment of psychological problems.

The patient should be able to share his emotions with the therapist. He must be able to communicate his thoughts, aspirations and more importantly, the negative feelings he has towards any circumstances. It is through trust and sharing of thoughts that a person begins to discover himself. The relationship between the individual and his therapist provides a safety zone, where they are free to discuss their inhibitions and innermost fears, thus helping the treatment.

Choosing to undergo Cognitive Behavioral Therapy or Anger Management Therapy is a big step and it requires the encouragement and loving support from family members and friends. With the support of family and friends, those striving to work at their anger related issues will definitely achieve their goal.

### Anger Management Seminars

**Summary:** This article covers the topic of anger management and various ways to deal with it, one of them being the need to attend seminars as a part of treatment for behavioral issues.

The problem of increasing violence in the society is becoming a matter of concern to many people. Anger is an issue which has affected all races and communities over the generations. Very often it manifests itself in the form of violence. It is a human reaction to stressful situations and the individual's way of coping with them. Controlling your temper is a virtue, but not many people have that self control. Anger is an issue to be dealt with by the person himself and also all those people around him who are affected by it. That is the reason why there are programs being developed to address and treat anger management issues.

Attending an anger management seminar is a part of anger management therapy and it may benefit someone trying to deal with his anger. There are various types of anger management seminars that target specific groups, namely, teenagers, men, women, adults, children, couples or families. These seminars impart information and knowledge on how to manage stress and consequently anger or aggressiveness. Specialists in the field of anger management therapy are called upon to speak on the subject to provide guidance to the participants. Guest speakers invited for such type of seminars provide interesting details and effective tools that participants can utilize for themselves.

Sometimes, anger management seminars are organized in the form of retreats. These provide the individual a chance to enjoy a few days away from his daily grind. Very often such seminars are held at a serene and beautiful location so that the participant can relax and rejuvenate his stressed-out mind. It provides an escape to a different world for those struggling with daily feelings of rage and anger. Anger management seminars built into a retreat allow the individuals to attend lectures and talks on the subject and also meet up with others who are in the same situations. An exchange of ideas and experiences with like minded people facing similar challenges may also help them discover themselves to find ways to deal with their own problems.

People struggling with anger related issues need support and encouragement from their families and friends. Assurance of support and understanding from their family and friends goes a long



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way towards the healing process. If they know that they have people who will stand by them in the event of any crisis, it makes a difference in their approach to therapy. Although anger related violence, aggressiveness and rage are on the rise, society is trying to address the issue by creating anger management therapies, programs and seminars. Using anger management therapy by placing counselors in schools, colleges, correctional facilities and mental health centers, is a good way to find a solution to the problem. Attending an anger management seminar may prove to be a turning point in the life of the individual because it may help him to make positive changes in his attitude towards life. If the seminar makes a difference to at least one person, it is well worth the effort

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