

ANGER ?

It's a powerful -- but -- perfectly normal -- emotion that we all feel from time to time.

Anger is what we feel when we say:



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is it important to KNOW ABOUT anger ?

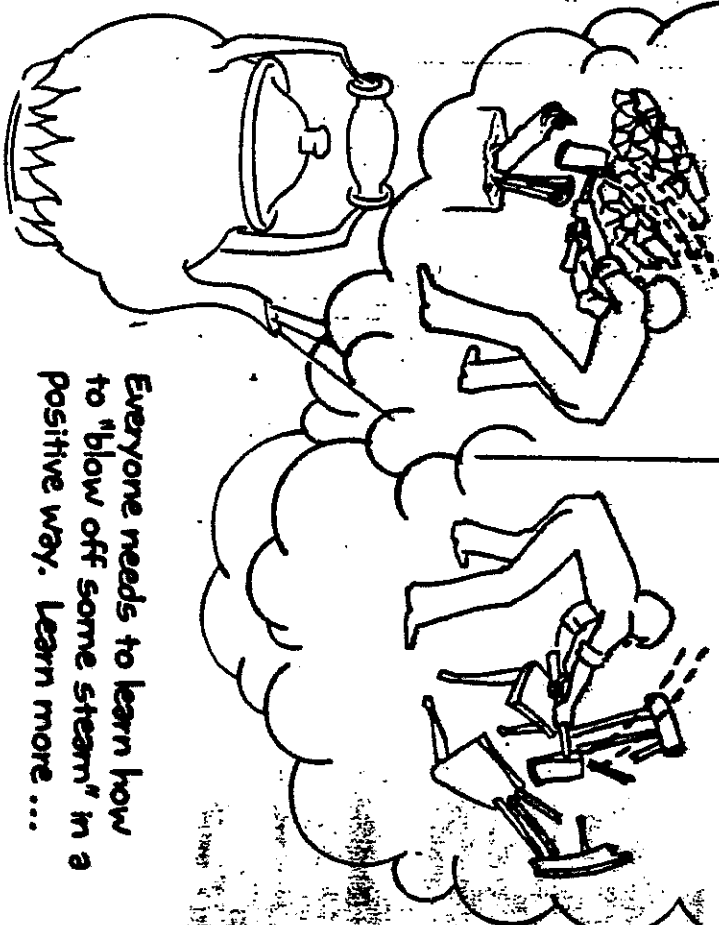
Because anger is the most poorly handled emotion in our society today -- but it doesn't have to be. Expressing anger can be:

HELPFUL.

Anger can get us "riled up" so we can overcome obstacles and achieve goals we thought were impossible.

HARMFUL.

When we ignore our anger or express it inappropriately it can hurt us and others.



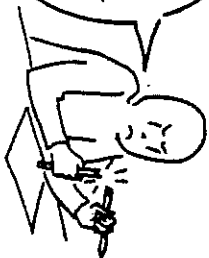
CAUSES

anger
?

Some of the
common causes
of anger are:

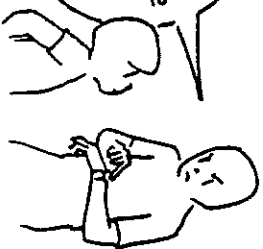
FRUSTRATION

"I just
can't do it.
I hate math,
and I'll never
be good
at it!"



ANNOYANCE

"This is
the third time
you've been
late this
week!"



MARGASMMENT

"Get off
my back.
All you
ever do is
pick, pick,
pick."



HURT

"How can
you say that
to me? I
thought you
loved me."



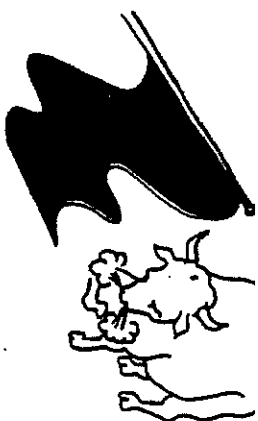
DISAPPOINTMENT

"I had
everything planned
for the picnic,
and now it's
raining!"



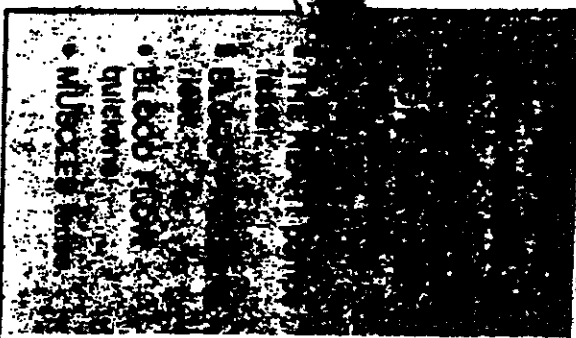
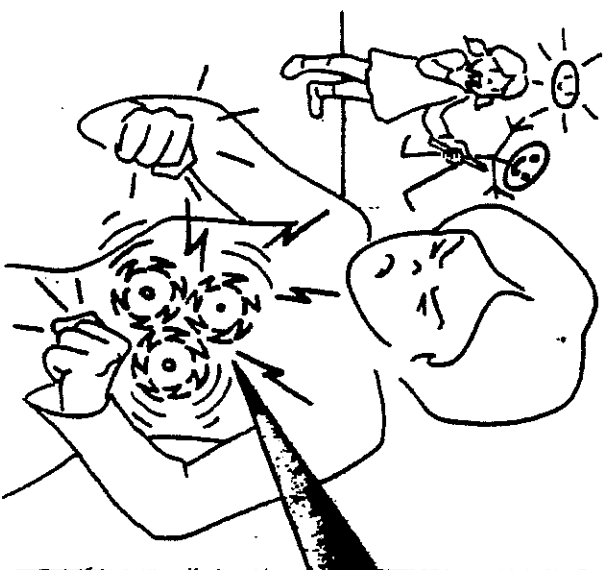
THREATS

"Don't push
your luck,
buddy. You
don't stand
a chance."



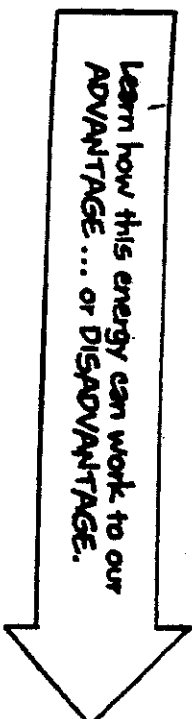
How does the
BODY REACT
to anger
?

Anger doesn't actually make our "blood boil" or our eyes "see red," but it does cause certain changes in the body.



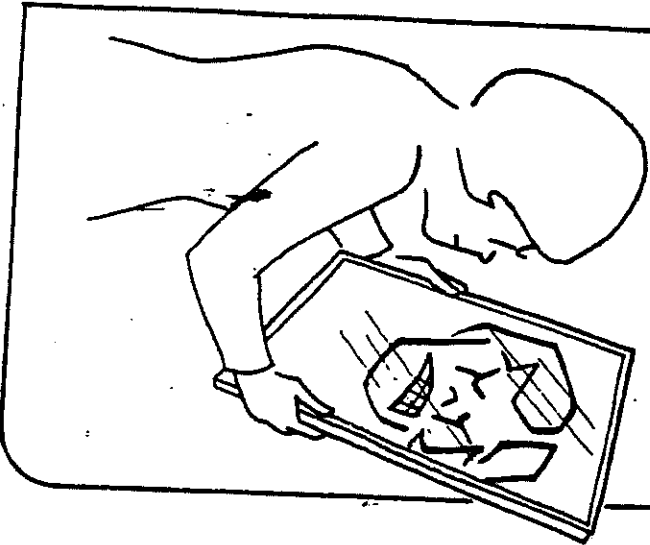
In other words, the body shifts
into high gear, generating energy
needed for action.

Learn how this energy can work to our
ADVANTAGE... or **DISADVANTAGE**.



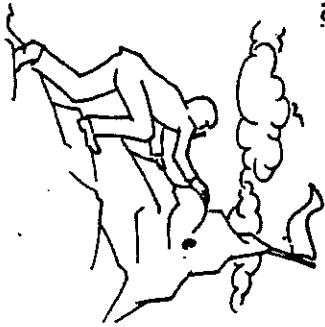
OUR FRIEND ... OR OUR FOE

It all depends on how we express it. Knowing how to express anger appropriately can help us to:



reach a goal, we become frustrated. Frustration can lead to anger, which in turn can motivate us to work harder to reach our goal.

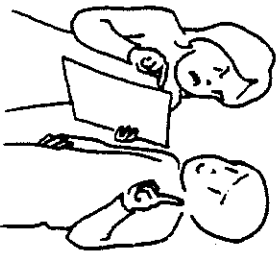
Anger is sometimes the driving force behind creative expression - painting, music, writing, etc.



SOLVE PROBLEMS

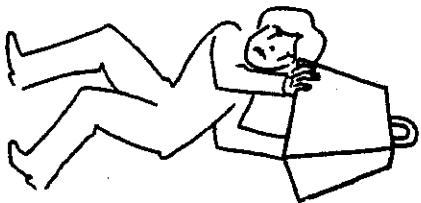
Anger that's communicated in a back-and-forth dialog - without ranting and raving - can help us to change situations that make us unhappy.

Anger is a natural part of relationships which can encourage growth and intimacy.



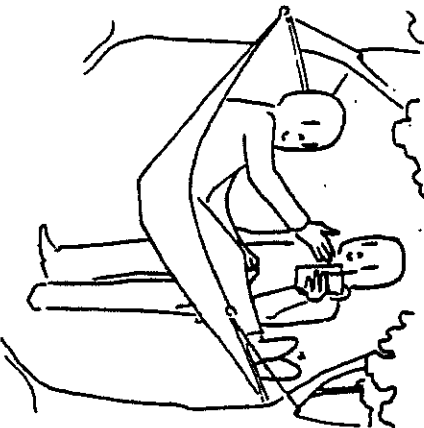
Anger gives us an immediate burst of energy and strength, so we can react quickly and perform physical feats that would otherwise be impossible.

EMERGENCIES



PROTECT OUR HEALTH

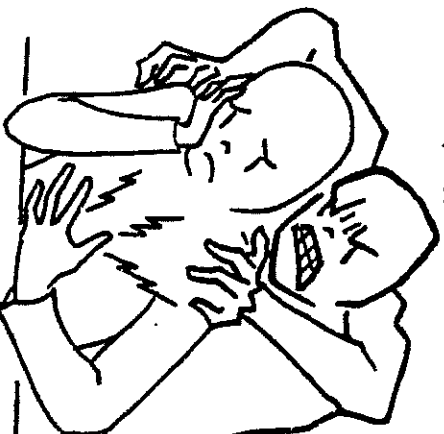
Recent studies show that intense anger and rage may be hard on our hearts. If we can learn to react calmly rather than angrily to situations that irritate us, we may be doing our bodies a favor.



TRIPPING TO UNDERSTAND OUR ANGER

may lead to:

- **HEALTH PROBLEMS.** These may include high blood pressure, heart problems, headaches, stomach problems, skin disorders, constipation, diarrhea and obesity.
- **TENSION.** Some experts believe that repressing anger (holding it in because you don't know you're angry) is the primary cause of anxiety.
- **ACCIDENTS.** Repressed anger can make a person more likely to have accidents.
- **INTERPERSONAL PROBLEMS.** Anger that's not expressed can disrupt relationships, especially if the angry person becomes hostile, sarcastic, critical, etc.



More

UNCONTROLLED ANGER CAN BE DANGEROUS

It may lead to:

CRIME

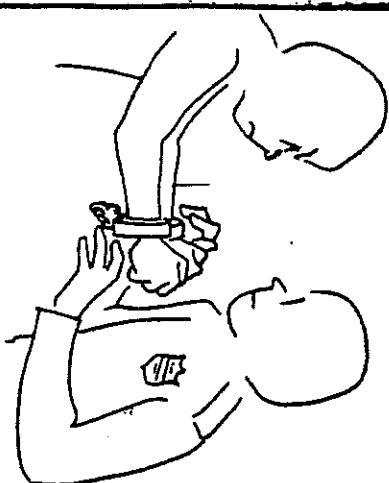
Anger is sometimes the driving force behind assault, destruction of property, murder and other criminal acts.

ABUSE

For example, a parent whose anger gets out of control can do great physical and emotional damage to a child.

MORE VIOLENT BEHAVIOR

For instance, a person who succeeds in controlling others by venting anger on them will continue resorting to anger. As the anger grows more intense, the chance of physical violence increases.



LEARN HOW TO MANAGE YOUR ANGER

Follow these steps:

RECOGNIZE YOUR ANGER

and admit it to yourself. Remember that anger is a natural human emotion, so there's no need to feel ashamed or guilty about it.

IDENTIFY THE CAUSE

of your anger. Sometimes it may be obvious (for example, a careless driver backs into your car).

Pay attention to the signs of "hidden" anger — tensed muscles, accident-proneness, feelings of frustration or disappointment, and a tendency to use sarcasm.

At other times, the cause of your anger may not be what it seems at first. For example, you may kick the tire because it's flat. But you're really angry at yourself for not getting the broken jack fixed.

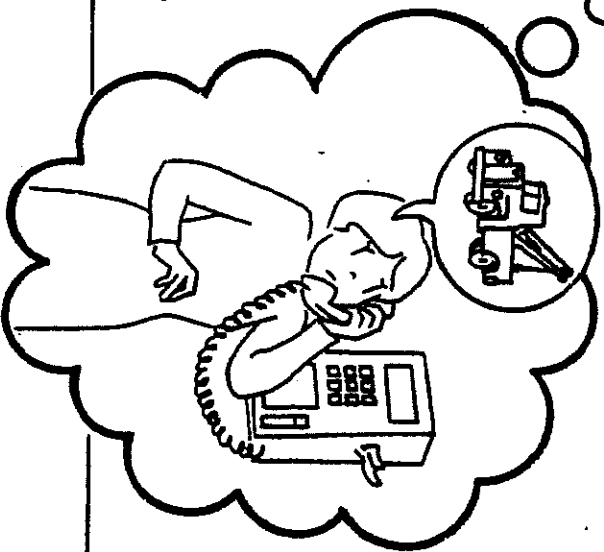
DECIDE WHAT TO DO

and follow through. What you do will depend on the situation, but in general, you should:

- Decide which options will resolve the problem or situation that caused your anger. For example, consider whether a direct expression of anger will do more harm than good.

- Take positive steps to implement your options.

(Learning ways to avoid getting angry over unavoidable annoyances — traffic jams, long lines, etc. — can also be helpful.)



SOME DO'S

over can often be the best way to settle problems if you follow:

CALM DOWN

before you discuss the issues. Shouting matches rarely lead to effective solutions!

UNDERSTAND YOUR MOTIVES

before you express your anger. Are you trying to defeat the person, or are you trying to solve the problem? If your motive is negative, the results are more likely to be, too.

BE ASSERTIVE

- not aggressive. Assertive people express themselves firmly and clearly without making insulting remarks. They understand the importance of negotiating and compromising to resolve differences.

SEEK HELP

If you're having trouble communicating your anger in a constructive way or if you're getting angry too often, talk with a friend about your problem and/or see a counselor for help.

SOME DON'T'S

DON'T GET PERSONAL

by resorting to insults and name-calling. These methods only cause more anger.

DON'T AVOID THE ISSUE

by hiding what you truly believe. Be direct, be straightforward, but don't get physical or violent. Avoid hitting or pushing the person with whom you're angry. Don't throw or break objects either.

DON'T MAKE ACCUSATIONS

that you'll regret later. Listen carefully to what the other person has to say before you draw any conclusions.

DON'T SULK

In silence. That method won't do anything to help you solve your problem.

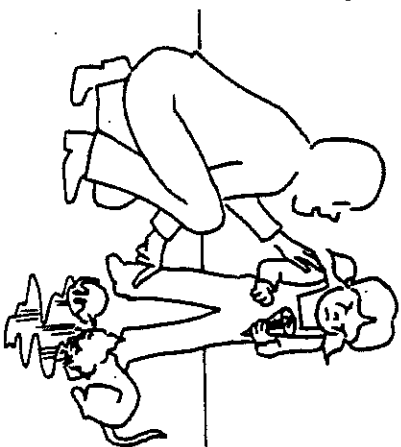
OTHER WAYS TO CONTROL A FLARING TEMPER

Nobody likes a hothead. So, when you're feeling a bit hot under the collar, try some:



HUMOR

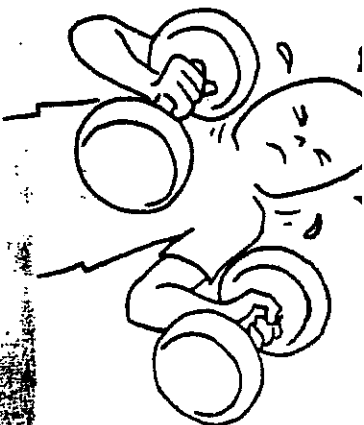
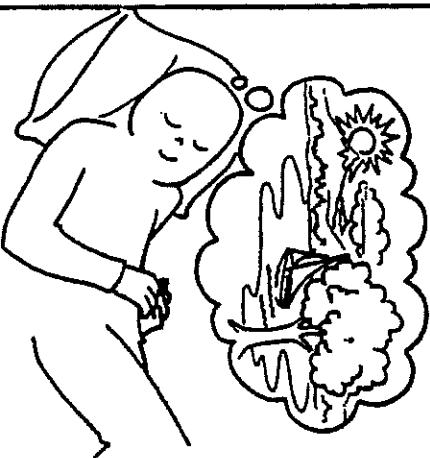
Don't waste your anger on minor irritations or problems that can't be helped. For example, if your child accidentally drops an ice cream cone on the kitchen floor, try to find some humor in the situation.



PHYSICAL ACTIVITIES

Sports, such as tennis, golf, weightlifting and jogging, can be excellent outlets for angry feelings. (Consult your physician before starting an exercise program.)

But don't let this healthy means of venting anger backfire by allowing the competition or your own personal limitations to frustrate you.



OTHER ACTIVITIES/IDEAS

Instead of flying off the handle, put your energy into a carpentry project, pulling weeds in the garden, or any hobby that gets you physically active.

Sometimes the best thing to do when you're angry is give yourself plenty of time to think and calm down. Then, consider discussing the issue with the person who caused your anger or with a friend.



REST AND RELAXATION

To help avoid irritability, be sure to get enough sleep.

Meditation, breathing exercises, and deep muscular relaxation are also good ways to reduce the tension that often occurs before an angry outburst.

Take a course that teaches relaxation methods, or consult your library for books describing these techniques.

SOMEONE ELSE'S ANGER REACHES

THE BOILING POINT,
you should:



"KEEP YOUR COOL"

Don't answer anger with anger. If the other person makes comments that irritate you, try to remember that anger can cause people to say things they really don't mean.

BE CONSIDERATE

If others are around, encourage the angry person to privately discuss what caused his or her anger. This could prevent embarrassment for the person later on.

BE A GOOD LISTENER

Often angry people need to talk with someone who will listen objectively as they "sound off" about why they're angry.

CONSIDER THE CAUSE OF THE ANGER

Think about whether the angry person might feel better if he or she had fewer responsibilities, more time alone, additional rest, etc.

AVOID TAKING CHANCES

Sometimes anger can lead to violence. If your safety appears to be threatened, don't hesitate to get help immediately.

ANGER IS A HEALTHY, HUMAN EMOTION

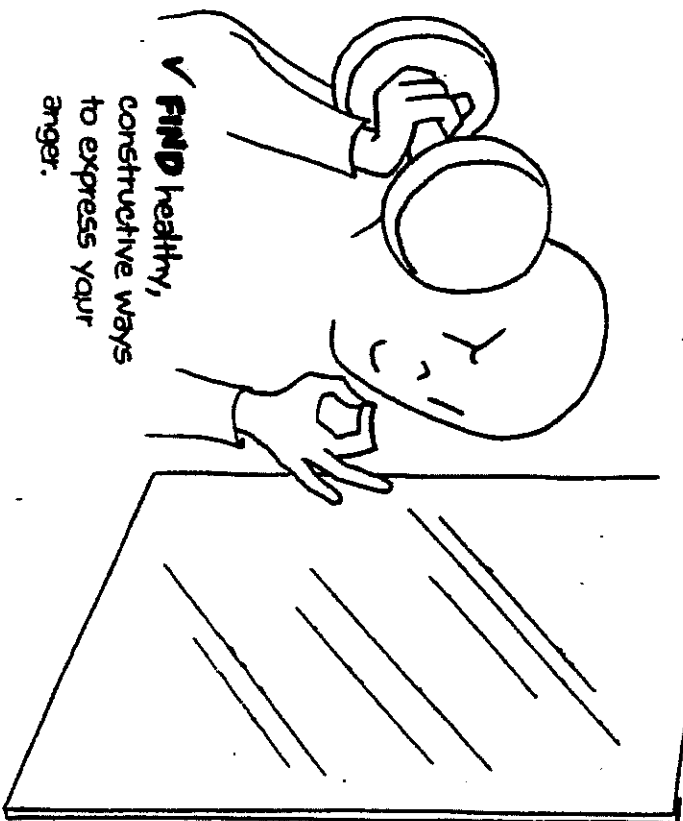
Be sure that you:

✓ LEARN

to recognize anger in yourself and others

✓ UNDERSTAND

the real reason for your anger



✓ **FIND** healthy, constructive ways to express your anger.

Instead of doing a "slow burn," learn to handle your anger effectively!