

Anger Management

managing anger effectively



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About the Tutorial

Anger Management is the set of practices that assist in Temper Control and aims at improving skills to deploy anger successfully. Anger Management helps in identifying the motivation factor behind anger, so that we can analyze it and address it.

Audience

This tutorial is designed primarily for the students and professionals who seek assistance in managing their frustration and anger while handling exhaustive academic workload and high expectations at work respectively.

Prerequisites

Before proceeding with this tutorial, you are expected to have a calm mindset and be open to exploring the suggestions mentioned here.

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1. Anger Management

Anger, in simple words, is one's reaction to feeling threatened. It starts from discomfort and leads to irritation, and at times it aggravates to violent rage. Anger is often mistaken for aggression. Terms such as hostility, aggression, and mood swing are used almost as a substitute for Anger, however there is a thin line of difference between them.

- **Hostility** – While anger is the driving emotion, our own interpretation and judgment of situations result in Hostility. Hostility breeds and encourages Aggression.
- **Aggression** – Aggression is the behavior that has the tendency to harm people/property. It is the final outcome of the anger brewing inside us.
- **Mood Swing** – It is a lingering emotional state which can range from irritation to violent expressions of anger. When the mood is at its peak, it completely overtakes every other emotion. Interestingly, the word 'mood' derives from the old English word '**mōd**' which means '**courage**'.

Negatives of Anger:

Rohan lives in an apartment. He wakes up one morning and finds someone has moved his bike from its parking spot without his consent. He first experiences a discomfort at someone having encroached the private space of his property. Slowly but surely, anger starts to brew. "**Oh, sure! Go on - treat me like a worthless guy! Why even bother asking me for anything!**" A hostile mental environment forms due to this interpretation of the situation.

While he was still talking to himself in anger, suddenly his son appears and asks him to help fix the fan. Already disturbed with his internal conflicts, Rohan yells out, reducing his son to tears. This venting out might have calmed Rohan temporarily, but the guilt and shame inside him for having hurt his son makes him grumpy and disagreeable for the rest of the morning. At work, the colleagues will notice and whisper among themselves - "**Rohan is in a bad mood today.**"

Try it Yourself

Recall an incident in your life where you had gotten angry and had become violent. *It is best if the incident happened recently.*

Step 1: Maintain silence and close your eyes before you recall the incident. Take 10 minutes for this.

Step 2: Fill in the Guide Form given below.

Event (What's the incident?)	Trigger (What made you angry?)	Emotion (How did you feel?)	Sensation (How did your body react?)	Thoughts (What was going in your mind?)	Behavior (What was your reaction?)	Consequence (What was the result of your reaction?)

2. Anger – Myths and Facts

There are many widespread beliefs and myths regarding anger. Let's deconstruct these myths and know what the facts are.

Myth 1: Venting my anger out relaxes me. Holding it in isn't healthy.

Fact: There is a saying that holding on to anger is like holding on to red-hot coals in your palms. Anger should be drained out, but not by being aggressive. That will only lead to further confrontations.

Myth 2: My aggressive behavior gets me attention, respect, and obedience.

Fact: Power to influence comes from understanding someone and not by intimidating him. You may bully people into submission, but they won't respect you and will eventually desert you if you can't tolerate opposing viewpoints.

Myth 3: I cannot control my anger.

Fact: Just like any other emotion, anger also is a result of the situation you are in. Analyzing the situation from multiple possible viewpoints avoids misjudgment and prevents anger.

Myth 4: Anger management is about learning to suppress your anger.

Fact: Anger should neither be suppressed nor vented out, rather it should be expressed in a non-violent manner and in constructive ways. This is what Anger Management teaches people to do.

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