

# Introduction To Anger Management

Anger can be a powerful emotion. It affects many areas of a person's life. Anger can cause us to act out in unpredictable ways. It can cause negative thoughts, acts of rage, and many different consequences.

The first step of understanding how to control your anger is understanding where your anger comes from. Understanding the causes and triggers of your own anger is an important part of understanding how to control how you process your feelings and reactions.

**Directions:** Place a checkmark next to all signs, symptoms, causes and consequences of anger that you feel resonate with you.

## Signs and Symptoms of Anger

- |   |  |
|---|--|
| <input type="checkbox"/> Acting out           | <input type="checkbox"/> Aggression              |
| <input type="checkbox"/> Irritability         | <input type="checkbox"/> Violent behavior        |
| <input type="checkbox"/> Acts of intimidation | <input type="checkbox"/> Destruction of property |
| <input type="checkbox"/> Increased heart rate | <input type="checkbox"/> Arguing with others     |
| <input type="checkbox"/> Racing thoughts      | <input type="checkbox"/> Depressed mood          |
| <input type="checkbox"/> Acts of rage         | <input type="checkbox"/> Other: _____            |
| <input type="checkbox"/> Chest pain           |  |

## Causes of Anger

- |   |  |
|---|--|
| <input type="checkbox"/> History of trauma or abuse                   | <input type="checkbox"/> Bullying                        |
| <input type="checkbox"/> Learned anger in household                   | <input type="checkbox"/> Depression                      |
| <input type="checkbox"/> Learned aggression in household              | <input type="checkbox"/> Addiction                       |
| <input type="checkbox"/> Difficulty with expressing emotions          | <input type="checkbox"/> Substance abuse                 |
| <input type="checkbox"/> Growing up in unsafe or insecure environment | <input type="checkbox"/> Alcoholic parents or caretakers |
|   | <input type="checkbox"/> Abusive parents or caretakers   |

## Consequences of Anger

- |  |   |
|--|---|
| <input type="checkbox"/> Relationship Issues | <input type="checkbox"/> Legal issues             |
| <input type="checkbox"/> Issues in workplace | <input type="checkbox"/> Loneliness and isolation |
| <input type="checkbox"/> Alcoholism          | <input type="checkbox"/> Interpersonal issues     |
| <input type="checkbox"/> Low self-esteem     | <input type="checkbox"/> Road Rage                |
| <input type="checkbox"/> Substance abuse     | <input type="checkbox"/> Negative self-talk       |
| <input type="checkbox"/> Depression          | <input type="checkbox"/> Other: _____             |