

Introduction to Anger Management

Anger: a strong feeling of annoyance, displeasure, or hostility

Aggression: hostile or violent behavior or attitudes toward another

Feelings of anger are a normal and healthy part of being human. Learning to avoid all anger would be an impossible goal. Instead, in anger management, you will learn to avoid negative reactions to anger (such as aggression), while learning new healthy habits.

The first step in anger management is learning about your own anger. To start, you will learn about triggers (the things that set you off), how you respond to anger, and how anger has affected your life.

List three situations, topics, or people that often lead to you feeling angry

Examples: Discussing finances with partner, dealing with authority, poor drivers/driving in traffic, losing a sport or game, talking politics with friends or family, watching news or reading social media

What do you do when you're angry? List ways in which you act differently when angry

Examples: shouting, arguing, throwing or breaking objects, threatening others, become aggressive, self-harm, self-isolation

Have you ever run into problems because of your anger? If so, list them

Examples: damaged relationships, reprimanded at work, public altercations, yourself or others suffering injuries, legal consequences
