

## 10/26/21 Notes from Anger Training

*“Anger is a signal, and one worth listening to.” Lerner Phd.*

*(As a therapist, first dig deep into your own anger issues, transforming your own anger to insight, then you will have knowledge and ability to lead others into their transformations.)*

Thank you for taking an interest in the 10/26/21 Zoom training topic of Anger. The notes from the meeting are as follows:

1. Tools for this material are located on my [website in the Tools section under Anger Tools](#)
2. Videos to compliment the tools are located on [my website in the Videos section under Anger Videos](#)

**Question: #1 How to work with anger issues?**

**Answer:** As you complete your evaluation, consider these questions and reframing options.

1. **Does this anger match the situation or event as a normal, human response?** Reference the tools [Emotional Map](#) and the [4 choices tools](#). Remember that anger is normal when real danger is present. Anger saves lives--- literally... Fight, Flight, Freeze are survival instincts.

- a. Is the anger related to life threatening events?
- b. Trauma secondary to life threatening event?

2. **If this anger is a biological, protective-defensive response to physical vulnerability ie:** illness (mental and physical), hunger, dehydration, sleep deprivation, chronic pain, substance use withdrawal/addiction—etc....then

- a. Is a medical evaluation to R/O underlying health/brain issues needed?
- b. Does anger indicate problems with self-care and lifestyle?

3. **Is this anger a psychological defense against vulnerable emotions:** grief, fear, anxiety, guilt, inferiority, shame, lack of control etc...? If yes, deeper analysis of emotions is required.

- a. Is this anger indicative of a primitive emotional response (toddler moment) when the brain is unable to use logic and reasoning skills (problem solve, use language skills)?
- b. If anger is *not a developmentally normal* anger response for chronological age (example: adult *tantrums, verbal or emotional abuse, damage to relationships or damage to health, violence etc..*) then **additional evaluation is needed**. Use testing, [interviewing questions](#) and medical history to R/O chronic pain, head injury, [PMDD](#), Sleep disorder, [PTSD](#), [depression](#), [Bipolar Depression](#), anxiety, [OCD](#), ADD, [substance abuse](#), [impulse control disorder](#) and the need for referral for medical, psychiatric or neurological evaluation.
- c. **Identify the specific issues causing the anger**, Use the [onion](#) and the [prevention tools](#) to help diagnose the underlying issues triggering an anger alarm.

#### 4. Normalize and humanize acceptance of anger as a signal with important information

- a) Apply [emotional intelligence skills](#). Anger, serves as an alarm indicating that something needs to be addressed, an action taken or a problem solved.
- b.) **Dig deeper:** Culture, religion, socialization, gender, trauma or learned behavior may create negative signals and stories regarding anger—investigate the inner stories about anger and where the stories originate. (age at the time, reality check verses [distorted thoughts?](#))

#### 6. Tools to assist with anger issues:

- a. [Breathe to calm self... calm the beastie.](#)
- b. [Preventative measures through good self care, time management and sleep.](#)
- c. Cognitive reframing to [label anger appropriately](#)
- d. Align anger emotion with logic and [wise mind tool](#).

#### Question #2 What else will peel the layers of blame to transform anger to insight?

Answer: Consider options below.

- a. Obtain a “buy in” for anger management by *reframing* anger as a “toddler moment” (use brain science from the [anger videos](#)) and sell the [anger management skills](#) as increasing emotional intelligence. (real power, true strength = maturity, coping skills and wisdom).
- b. Use whatever [stories will motivate](#) .
- c. **Focus on strengths**—for example a successful salesperson, business person, health care provider, educator, parent, community member etc....is managing anger beautifully in some arenas --- **let’s be curious what’s different in the problem areas.**
- d. [Investigate anger role models](#). Did someone explode? Is anger internalized into blame/explosion behavior to avoid feeling like a victim (again)?
- e. What is the secondary gain from maintaining the anger?—be curious!
- f. Apply values by asking these questions:
  - i. How would you like to role model anger coping skills for your colleagues, fellow citizens?
  - ii. Describe the person you wish to become regarding insight and emotional intelligence?
  - iii. What lifestyle changes are necessary to become the wisest, most calm version of yourself?
- g. [Apply the Miracle Question to your anger.](#)
- h. [Apply the Greater Satisfaction Tool](#)
- i. [Apply Circled of Life Tool](#)
- j. [Apply Letting Go Tool](#)
- k. [Apply 13 Things Tool](#)
- l [Give your anger level a number—apply the Perspective Taking Tool to anger](#)
- m. [Apply the Self-Talk Ladder Tool to your anger thoughts](#)

Need more help with anger issues? Shoot me an email, I’d love to help

Email Address is [Therapy@TelkaArend-Ritter.com](mailto:Therapy@TelkaArend-Ritter.com)