

What is Anger?

Anger is an emotion. It is a signal that we think we are being treated unfairly.

Feelings are neither right nor wrong. **It is okay** to feel angry.

Actions can be right or wrong. **It is not okay** to hurt ourselves, others, or property when we feel angry.

So how can we deal with anger and act in healthy ways?

- 1) Recognize anger - know when you are angry and what makes you angry.
- 2) Practice positive responses - practice, practice, practice until your new positive responses become good habits

Quick List of Ways to Cope with Anger

Walk away

Exercise

Talk to someone who you are not feeling angry with

Distract yourself

Count 10 breaths

Write about it

Come back and deal with it later when you feel calm

Symptoms of Anger

How do you know when you are angry? All of us have **symptoms of anger** – physical and mental signs that tell us we are angry.

Physical Signs

Fast heart beat

Sweating

Shaking

Clenched jaws

Clenched fists

Fast breathing

Headaches

Stomach aches

Upset feeling in the stomach

Tight chest

Tense muscles

Frowning, scowling

Red face

Mental Signs

Problems concentrating

Confusion

Memory problems

Thoughts of doing harm

Angry thoughts

Irritability

Short tempered

Other signs

Yelling

Swearing

Withdrawing from others

Throwing things

Pacing

Questions About Your Anger

1. How do you know when you are angry?
2. Where in your body do you feel anger? List your physical signs of being angry.
3. What is the first sign of anger you notice? List your early warning signs that tell you when you are starting to become angry.
4. What makes you angry? List all the things you can think of... all the way from small annoyances to big problems.

How You Handle Anger

1. How do you usually react when you feel angry?
2. Think about the last time you reacted in an unhealthy or negative way to anger. What happened right before you got angry?
3. How did you react?
4. How did you feel after you reacted?
5. What could you have done instead?
6. What would happen if you were to react in a more positive way?