

Anger

How to deal with it constructively

Anger is a very powerful emotion. It is every bit as normal as falling in love. We create our own anger. No one can make us angry, we make ourselves angry. Anger is a result of unmet expectations or need. Much of your anger can be alleviated if we stop trying to change other people. Anger can be healthy, but hostility is never healthy. Anger can hide our true feelings of hurt, fear or anxiety. If you never get angry, you are either dead or fake. As with any other emotion, coping with anger gets easier with practice and normally improves relationships.

Dealing with the anger of others:

First, acknowledge and affirm the persons' angry feelings. It is okay to be angry.

Next, help them to express and talk about their anger. Do not justify, contradict, interrupt, or rationalize their anger.

Send the message that you value them as a person. Try not to personalize the situation.

Finally, distract them or help them physically work out their anger. Have them go for a walk with you, take a break, or get a drink. Physical work and distractions can go a long way to dissipate a negative situation.

Dealing with your own anger:

Recognize that it stems from an unmet expectation or need. Examine your expectations and needs.

Acknowledge your anger, then accept it, express it, distract it, and reprogram your thinking (see thinking report form).

Maintain a balanced view of the situation.

Don't take yourself too seriously. Healthy anger is normal.

You can dissipate your negative anger by:

- Physical exercise
- Talking it out
- Thought stopping
- Taking a time out
- Changing your focus
- Leaving the situation

Remember that if someone makes you angry, they are controlling you!

If we tend to get angry a lot, it is good to check out our expectations. A lot of our expectations are programmed into our mind from an early age. If you are to fully recover from your angry outbursts, it is important to examine the origins of your anger.

Root Expectations	Event or Trigger	Primary Feeling or Belief	Secondary Feeling or Belief
I do not feel valued.	Someone cheats me.	Hurt - Anger	
I do not feel competent	I always forget things.	Inadequacy - Anger	
I feel neglected.	I an always left out.	Shame - Anger	

How do I plan to cope with these feelings and beliefs?

Client Name: _____

Completion Date: _____

Therapist Signature: _____

Review Date: _____