

Anger Management



Do You Get Too Angry?

Anger is a normal emotion that accompanies physiological and biological changes. When you get angry, your heart rate and blood pressure increase.

Do people at work or those you love tell you that you get too angry?

Do you find it difficult to calm down in the middle of an argument or remove yourself before things get out of hand?

While it may feel instinctive to lash out aggressively at people or situations that anger us, we can also learn to withhold or redirect our anger into a respectful but assertive communication. Typically, people who have difficulty controlling their anger have fewer social connections and interaction. They are less satisfied and experience more conflict at work, and tend to respond in tense situations with louder ways of communication.

Chances are, if you have a real problem with anger, you already know it.

How Therapy Can Help

Individuals who have difficulty controlling anger can change with help. The goal of anger management is to reduce your emotional feelings and the physiological arousal that causes anger.

Anger is just a symptom that something is wrong. By learning how to tune in to how your body feels when you get angry and what your triggers are, you can interrupt the cycle. Learning relaxation techniques, how to problem-solve, and communicate more effectively are all effective techniques to calm your anger long-term.

What You Can Do Right Now

- ❑ **Recognize your physiological responses.** Many people don't realize they're angry until it's too late. What happens to you when your anger is building? Do you sweat? Speak more loudly or quickly? Maybe you tap your foot or grab the arm of a chair? Once you tune in, you can get control of your anger earlier.
- ❑ **Think about what's worked in the past.** What calms you down? Some people take a "time out" for a quick walk around the block. Others get a glass of water and count to 10 or use deep breathing.
- ❑ **Practice healthy ways of expressing anger.** Once you're calm, express your frustration in an assertive but non-confrontational way.
- ❑ **Don't hold a grudge.** It's unrealistic to expect others to behave exactly as you want. Learn to forgive.
- ❑ **Exercise.** Physical activity can provide an outlet for your emotions. If you feel angry, go for an active workout.
- ❑ **Join a support group.** Anger management groups can help you learn from the struggles of others. Some groups are run by therapists with expertise in impulse control issues.
- ❑ **Find the right therapist.** Inappropriate anger negatively impacts your family and confuses children. Individual and/or family therapy can help build close, healthy relationships. Use short telephone interviews with potential therapists to shop for a good fit. Ask about a therapist's training and experience in working with anger management.

Offering Extra Support

About Marriage and Family Therapists

Marriage and Family Therapists (MFTs) are relationship experts. They work with individuals, couples, families, children, adolescents, and the elderly, providing support and perspective as patients struggle with life's challenges.

Licensed by the State of North Carolina, MFTs are psychotherapists who are uniquely trained and credentialed to assess, diagnose, and treat a wide range of issues so individuals achieve more adequate, satisfying, and productive relationships and social adjustment.

The North Carolina Association of Marriage and Family Therapists (NCAMFT) is an independent statewide non-profit organization made up of practicing marriage and family therapists. The goal of NCAMFT is to promote the profession of Marriage and Family Therapy in order to improve the health and well-being of families, couples and individuals.



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Seeking a Marriage and Family Therapist or other mental health professional to assist with life's difficulties is a sign of courage and a step in the right direction. Ask about E.J.'s special areas of expertise (i.e. anger management, divorce, relationship counseling, depression, trauma).

If you are looking for extra support and guidance through a challenging situation or are just ready to move in a different direction in your relationships, I look forward to working with you to achieve your goals. Please call or email me for an individual, couples, or family therapy consultation today.

