

# ANGER

## UNDERSTANDING & MANAGING



### WHAT IS ANGER

- A Feeling
- An Emotional Response To Provocation
- A Normal And Appropriate Response To Boundaries Being Over Stepped
- A Way To Protect Oneself

### PURPOSE BEHIND

Anger and aggressive behaviour has a function (purpose) seeing ANGER as an emotion and expression of anger as a behaviour intended to communicate a message

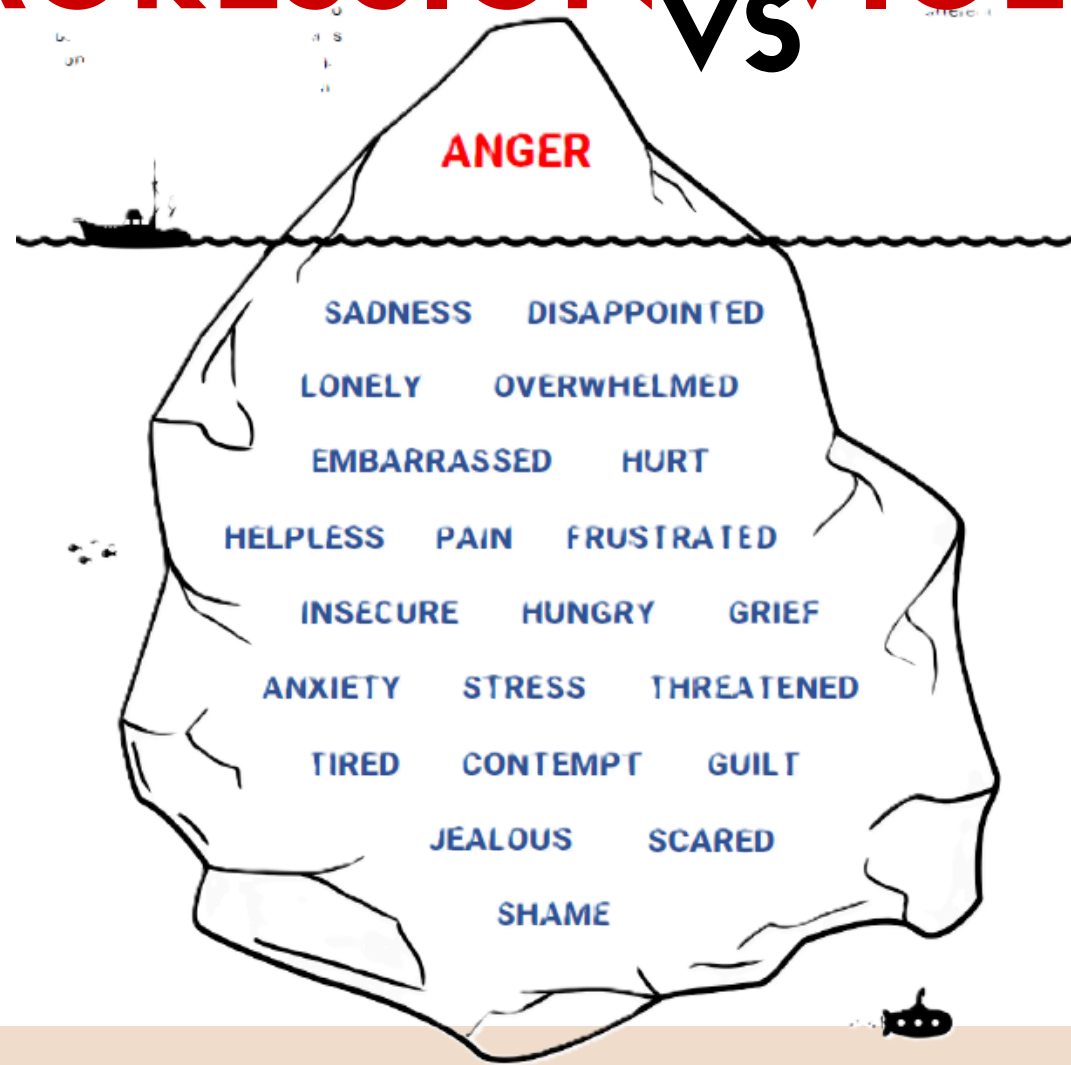
- Validation
- Control
- assert a held position/ belief
- To Be Taken Seriously
- Defensiveness/ Protection

### WHEN IS ANGER PROBLEMATIC

The emotion of ANGER itself is not problematic and serves a vital function  
 ANGER is problematic when it becomes a habitual response, occurs too often, too intensely, is uncontrollable or results in aggression or violent behaviour.

## ANGER VS AGGRESSION VS VIOLENCE

Generally there are feelings underneath the primary



### AGGRESSION

Behaviour that intends to injure or harm another person can be either verbal (expressive) or instrumental (physical) can be intended to cause psychological discomfort or can be used in order to access means to something (some type of gain)

### VIOLENCE

Intended to cause physical harm to another

### HOSTILITY

(Attitude) underpinned by Temperamental anger



# ANGER MANAGEMENT

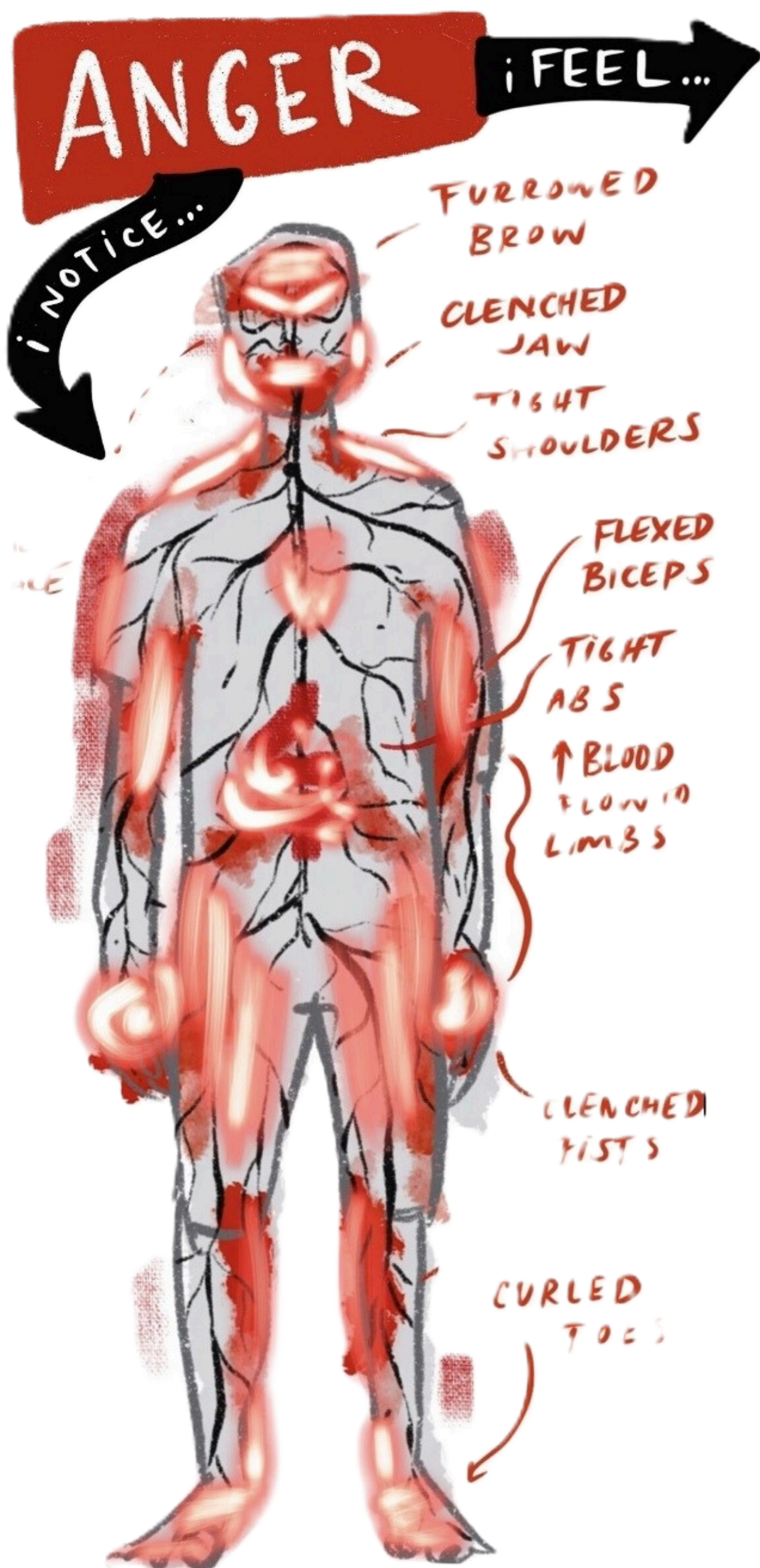
Anger management is essentially emotional regulation work, but often with a framework around understanding the function of the emotion and need that are not being met (not uncommonly related to early experience)

## TREATMENTS

Cognitive behavioural therapy (CBT)  
Dialectical Behavior Therapy (DBT)

## INTERVENTIONS

Identifying triggers, reframing thought loops and engaging in a range of behavioural mechanisms



TENSE	ANNOYED
FRUSTRATED	SKEPTICAL
LOYAL	PROTECTIVE
RESISTANCE	DEFENSIVE
RESENTFUL	ACTIVATED
HATEFUL	VIOLENT
SOMETHING ELSE	



**THE TASK THEN IS TO UNDERSTAND WHAT FUNCTION THE ANGER SERVES FOR THE PERSON AND HOW IT HAS BEEN ADAPTIVE**



# ANGER MANAGEMENT

CONT'D

## ANGER MAPPING Building self awareness

Who triggers you? Who upset you? Why is it that you got upset? What is your instant response? (flee, freeze, fight)- what are the signs that one of these responses is kicking in ?

### MANAGING YOUR THOUGHTS

“I can manage this”.

“It’s uncomfortable but not dangerous”

“ I’m not trapped, it’s going to be okay”.

“ my emotions, my response, my actions, my behaviour.”



**PEOPLE HAVE THE RIGHT TO BE ANGRY, BUT NOT TO BE ABUSIVE, MANIPULATIVE, DEMANDING, VIOLENT OR AGGRESSIVE TOWARDS YOU**



### SUPPORTING OTHERS

The emotions a person experiences or expresses are theirs to control and resolve. You can offer help and support, but you cannot take away someone else’s emotions. If it’s not your emotion, it’s not your problem to solve.

### DONT SAY

“Just calm down”

“i can’t help unless you calm down”

“Stop being angry”

“ Just stop with the yelling”

### SAY INSTEAD

I am really trying to help and understand, but it may be best if we take 5-minutes then come back and see if we can talk about it a little more

I really want to work with you on this issue, but I can’t do that safely when you are yelling; would it be possible to speak a little more softly so I can focus on how to best support you

### THINGS TO REMIND YOURSELF

- |    |                   |  |
|----|-------------------|--|
| 1. | I DIDN'T CAUSE IT | i'm not responsible for their response, their emotions |
| 2. | I CAN'T CURE IT   | they are responsible for change, not me                |
| 3. | I CAN'T CONROL IT | their need to want something different                 |

