

IDENTIFYING YOUR FEELING OF ANGER

Anger is an emotion characterized by antagonism toward someone or something you feel has deliberately done you wrong.

Anger can be a good thing. It can give you a way to express negative feelings, for example, or motivate you to find solutions to problems.

Excessive anger, however, can cause problems. Increased blood pressure and other physical changes associated with anger make it difficult to think straight and harm your physical and mental health.

There are various stages and treatments for anger management. The following are resources to assist you with understanding and developing anger management skills. Navigate through each applicable section to identify where you are and how these skills and tactics might benefit you.

If you completed the Anger Assessment, use the scores below to guide you to the sections needed to understand your level of anger.

Scores:

10-30 read section 1

31-64 read sections 1-3

65-up read sections 1-7

1. The following three worksheets will assist you in understanding anger and its healthy or unhealthy effects.

[Understanding Anger](#)

[Feelings versus Emotions](#)

[Psychological Roots of Adult Anger](#)

2. The next phase will assist you in understanding behaviors that indicate anger, roles you take and help you to reflect on how it may be triggered.

[Anger Spectrum Direct](#)

[Anger Spectrum Passive](#)

[Youth Violence](#)



3. The Responsible Anger phase will assist you with identify:
 - an appropriate response to a trigger that causes anger
 - why you want to express anger
 - what is the intention you have
 - boundaries

[Non-violent, Responsible Anger](#)
[Boundaries](#)
[Boundaries vs Walls](#)

4. Being heard is important in relationships. When anger gets in the way, “Clearings” and “Eruptions” can assist you in working through the communications process and take your aggress energy down a notch or two.

[Clearings](#)
[Eruptions](#)
[Physical Expressions of Anger](#)

5. Protect yourself from anger.

[Safety](#)
[Violence Stoppers](#)
[Timeouts](#)

6. In order to “clean up” the aftermath of anger, the following tips are recommended.

[Cleaning Up](#)
[Anger Junkies](#)
[Personal Roles and Responsibilities](#)

7. Managing anger takes work and developing new habits. You must be willing to do your part to make that change.

[Developing and Maintaining Relationships](#)
[Pitch to Express Energy](#)
[Lifelong Invitation for Anger Management](#)