Emotional

- **Body Biofeedback** - By discovering the way your body feels when anger is approaching, you can use that feeling as a cue for altering your physiological response or altering your thoughts and behavior so that your anger does not get out of hand.

- **Generating Alternative Arousal** - Using anger as a cue to generate an alternative form of physical arousal that is antagonistic to anger or arousal (i.e., relaxation & humor).

- **Channeling Arousal** - Using the arousal you acquire from being angry as a powerful source of energy that helps you handle a provocative productively.

Communication

- **Assertiveness** - teaches you to stand up for your legitimate rights and express your needs in an appropriate way.

- **Listening** - allows you to open up communication channels.

- **Negotiation** - process by which two people work the conflict out by coming to a mutually satisfying agreement.

- **Criticism** - ability to give and receive constructive criticism.

- **Confrontation** - the ability to take responsibility for perceiving a situation or a person’s behavior as unacceptable. Once identified, specifically describe the unacceptable behavior or situation. Stating clearly the tangible effects of the event.

- **Praise** - decreases the chances of the other person becoming defensive.

Feelings

- **Feeling awareness** - prior to expressing feelings in a productive way, it is necessary to acknowledge that they exist.

- **Expressing feelings** - ability to express feelings in positive way.

- **Making positive affect work for you** - keep yourself in a positive mood, induce positive affect in others, find everyday uppers (no drugs), offer help whenever you can, and be kind.

Behavior

1. **Learning our anger actions** - identify the behaviors we do when we are angry through: modeling, operant learning, de-escalating anger (time-out), and creative time-out.

2. **Generating productive angry behavior** - prevent anger from escalating and rid yourself of anger actions.

3. **Changing your behavior; making new actions easier** - replacing negative responses to anger with new more positive behaviors.

4. **Learn the ABC’s of anger** - this method helps you to establish what caused you to be angry (Anger trigger), what you did about it (Behavior), and what happened because of what you did (Consequence).

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"Feeling ANGRY IS_________ ."

A. Normal
B. Something experienced by everyone.
C. Not something you outgrow
D. A powerful feeling, but one you can learn to manage with practice.
E. Not the same thing as aggression, which is a behavior (such as hitting someone) that may result if you can’t bring your anger under control.
F. All of the above.

If your answer was “F” you recognize that anger is a normal emotion experienced by everyone. It is not a behavior. Anger is a part of life and society has not done a great job in teaching us how to cope with it. Girls are taught to avoid being angry and boys are praised and encouraged to display this emotion in a negative way.

So what is anger?
Anger?

According to Hendrie Weisinger, Ph.D., there are five interrelated dimensions all operating simultaneously in any angry situation. These dimensions include:

- **Cognition** - our present thoughts
- **Emotion** - the physiological arousal that anger produces
- **Communication** - the way we display our anger to others
- **Affect** - the way that we experience life when we are angry
- **Behavior** - the way we behave when we are angry

### Body responses to anger

If we are aware, our body can inform us of when we are angry. There are stages of physiological signs of anger.

- A stimulus triggers emotion
- Tension or Stress begins to build
- Adrenaline is released contributing to growing tension
- Breathing rate increases
- Heart beat accelerates
- Blood pressure rises
- There is now a body and mind “Fight or Flight” response

Even though the body is aware of times where we feel angry, according to Leo Madow, M.D., there exists something called **masked expression** of anger. Following is a list of expressions, which suggests an underlying anger.

- **Modified expression on anger** - These indications of anger are fairly direct but modified in form. Example: “I am am annoyed” or “I am fed up.”
- **Indirect expression on anger** - In this case anger is even more hidden. Indirect expressions attempt to disguise the anger from the speaker and the listener.
- **Variation on depression** - This group includes such phrases as “feeling blue” or “down in the dumps.” These expressions are even more removed than the previously mentioned categories and are harder to recognize.

### Anger’s effect on our health

If managed inappropriately anger is likely to negatively affect our physical and mental health. Listed below are examples of disorders that may develop if anger is suppressed without an outlet.

- Headaches
- Gastrointestinal disorders
- Respiratory disorders
- Skin disorders
- Genito-urinary disorders
- Arthritis
- Disabilities of the nervous system
- Circulatory disorders
- Aggravation of existing physical symptoms
- Emotional disturbances
- Suicide

### How can we manage anger?

**Cognitive**

- *Identifying Provocation* - provides you with data to help you confront or avoid a provocation.
- *Alternative Explanations* - By considering an alternative explanation of a provoking event, chances are more likely that you will place it in the appropriate perspective and thereby respond more properly.
- *Combating Anger Distortions* - Use anger to warn you that it is time to reexamine your thinking.
- *Anger Management Instructions* - When your anger is just, you can cognitively deal with your anger by using your self-statements as self-instructions (Don’t let this “get to you “ or “ Take a deep breath.”)
- *Clarifying Expectations* - anticipating what events you will encounter.
- *Mental Rehearsal* - creating and patterning yourself after the positive images you envision.