



# CONTROLLING ANGER

Presented by Military & Family Life Counselors

# COURSE OBJECTIVES

## In this course, participants will learn:

- Positive and negative affects of anger
- Signs that anger is escalating
- Methods for controlling anger



# AGENDA

- What is Anger?
- Positive Aspects of Anger
- Warning Signs of Anger
- Changing Your “Self-Talk”
- Avoiding Emotionally Charged Words
- Avoid Jumping to Conclusions
- Improve Communication
- Practice Relaxation
- Four Important Steps
- When to Seek Help
- Summary



# WHAT IS ANGER?

- A completely normal and unavoidable human emotion
- Triggers the “fight or flight” response
- Varies in intensity
- Causes can stem from real or perceived threats
- Typically occurs when we think we’ve been injured, mistreated, opposed by someone or faced with obstacles



# POSITIVE ASPECTS OF ANGER

- When anger is managed effectively, it can be beneficial
- Anger is a signal that something in your environment isn't right
- Anger gets your attention and motivates you to take action to correct a situation
- Anger is necessary to our survival in that it motivates us to defend ourselves when we are in a life threatening situation



# WARNING SIGNS OF ANGER

The fight or flight response occurs when anger begins to escalate

- Blood pressure rises
- Stress hormones are released
- Muscles tighten
- Breath rate increases



If not managed, anger can quickly become out of control



# IS YOUR ANGER CREATING PROBLEMS?



# METHODS FOR CONTROLLING ANGER

## Changing Your “Self-Talk”

- What you say to yourself about a situation directly affects your emotions
- Changing your “self-talk” can change your emotional state and behavior
- By changing your self-talk, you can begin to control your anger response





# AVOID EMOTIONALLY CHARGED WORDS

- It works best to avoid using emotionally charged words and phrases such as “should, shouldn’t, must be, supposed to be angry self-talk: “Things aren’t supposed be this way! I can’t stand it!”
- Alternative self-talk: “I don’t like this, but I’ll get through it and adjust.
- Angry self-talk: “She shouldn’t be late, it just ruins the whole evening!”
- Alternative self-talk: “I’m disappointed that she’s late, but we can still enjoy the evening.”



# AVOID JUMPING TO CONCLUSIONS

- Your conclusion may not be accurate
- Check out all of the facts first

Examples:

Angry Self-Talk: “He just did that to make me mad.”

Alternative Self-Talk: “There’s no evidence he was trying to make me mad. I’ll ask him to explain.”



# IMPROVE COMMUNICATION

- If in a heated discussion – **slow down and think it through**
- Listen carefully to what the other person says
- Reflect back to the other person what you heard them say
- Take a time out if tempers flare
- Use “I” statements



# PRACTICE RELAXATION



- Take some deep breaths
- Close your eyes and imagine a relaxing scene or repeat a calming word
- Practice non-strenuous exercise such as yoga



# FOUR IMPORTANT STEPS

## When you feel yourself becoming angry:

- **STOP** –Look for warning signs of anger
- Check your “self-talk”
- Ask yourself what you’re really angry about
- Cool down



# WHEN TO SEEK HELP



## Seek help if:

- Anger is affecting your ability to interact with family, friends or coworkers
- Your anger feels out of control
- You feel you are a danger to others or yourself



# SUMMARY

- Anger is a completely normal emotional response
- There are positive aspects to anger
- The fight or flight response occurs when anger begins to escalate
- Methods of controlling anger include: Changing your “self-talk”
- Improving communication
- Practicing relaxation
- If your anger seems out of control, don’t be afraid to seek help





**QUESTIONS?**





# RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE: [www.Tricare.mil](http://www.Tricare.mil)
- Behavioral Health Services



# REFERENCES

- *Controlling Anger –Before It Controls You*(APA Online)
- *Anger and Self-Talk*, Adapted from Positive Coping Skills Toolbox, VA Mental Illness Research, Education and Clinical Centers (MIRECC)
- *Anger Management*, Harry Mills, Ph.D. Updated: June 25th2005, [www.MentalHelp.net](http://www.MentalHelp.net)
- *Dealing with Our Anger*, R. J. Fetsch and B. Jacobson, Colorado State University Extension





**THANK YOU**

