COURSE OBJECTIVES

In this course, participants will learn:

• What Is Anger
• What Triggers Anger
• Combat Skills and Anger
• The Art of Anger Management Back Home
WHAT IS ANGER?

• A completely normal human emotion
• Triggered by the “fight or flight” response
• Varies in intensity
• Causes can stem from real or perceived threats
COMBAT SKILLS & ANGER

- Targeted vs. Inappropriate Aggression
- Tactical Awareness vs. Hyper-vigilance
- Emotional Control vs. Anger or Detachment
- Non-Defensive vs. Aggressive Driving
- Discipline & Order vs. Conflict
## TARGETED VS. INAPPROPRIATE AGGRESSION

### In Combat
- Split second decisions are necessary
- Anger keeps you pumped and alert, awake and alive
- It could be kill or be killed

### At Home
- May be overly hostile toward others
- May display inappropriate anger
- May overreact to minor events
- May respond with inappropriate physical aggression.
TACTICAL AWARENESS VS. HYPER VIGILANCE

In Combat
- Necessary to be on edge
- Need to react immediately to sudden changes
- Being “revved-up” means you are ready for battle

At Home
- May feel uncomfortable in large crowds or confining situations
- May be easily startled, especially to loud noises
- First reaction to startle response may be aggression
EMOTIONAL CONTROL VS. ANGER VS. DETACHMENT

In Combat

• Emotions are controlled
• Fear, sadness, loneliness get suppressed

Home

• Emotions that were suppressed may be expressed as anger
NON-DEFENSIVE VS. AGGRESSIVE DRIVING

In Combat

• Erractic driving, rapid lane changes, keeping other vehicles at a distance

At Home

• Aggressive driving and straddling the middle lane
NON-DEFENSIVE VS. AGGRESSIVE DRIVING

In Combat

• Survival depends on discipline and obeying orders.

At Home

• The lack of order and predictability can lead to conflict.
IS YOUR ANGER CREATING PROBLEMS?

“I can’t trust anyone”

Chest feels tight

“If I don’t do something I will explode”

Racing heart

Mind goes blank when angry

Shouting & arguing a lot

“You/they let me down”

Restless, on edge, uptight

Head spinning

“You/they deserve this”

Drinking too much, taking drugs

Throwing things

Hitting objects, doors

Snappy and Irritable
WHAT WE’VE COVERED SO FAR...

• The healthy nature of anger as a tool of survival

• How anger kept us alive in combat

• The problems anger-related combat skills cause once we return home

Now, let’s look at how to change our anger response for post-combat life...
Physical:

- Identify personal physiological cues
- Learn muscle relaxation techniques
- Do deep breathing or meditation
- Practice non-strenuous exercise such as yoga
The Art of Anger Management

Physical

Mental:

• Thoughts determine emotions which motivate us to action
• What meaning do I give to the triggering event
• What is my perceived level/location of control
• How does my self-concept influence my perception
THE ART OF ANGER MANAGEMENT

Physical

Mental

Emotional:

• Thought – emotion connection

• Feeling awareness

• Address unresolved emotional issues from the past that influence your perceptions and hinder performance efforts today
THE ART OF ANGER MANAGEMENT

Physical

Mental

Emotional

Behavioral Life Skills

Improve your behavioral and interpersonal skills in:

- Communication
- Conflict Resolution
- Problem Solving
- Decision-making
- Time Management
SUMMARY

- Anger is a normal, healthy emotion. It is our response to it that makes it adaptive or dangerous
- Learn and manage your physical cues of anger
- Identify your anger triggers
- Monitor irrational thoughts
- Acquire interpersonal skills
- Address unresolved issues from the past that interfere with efforts today
- Seek additional help when necessary
RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE  www.tricare.osd.mil
- Behavioral Health Services
REFERENCES


THANK YOU