

Managing Anger

Anger is a normal response to feeling threatened or frustrated. If not expressed in an appropriate and acceptable way it can build up and trigger violent feelings and destructive behaviour. When in rage the thinking process is bypassed and people often do and say things, which they may regret later. It can affect relationships and cause irreparable damage. It can also cause mental health problems like depression when it is turned inwards towards oneself.

Traumatic experiences while growing up can stay with us in the form of repressed anger. Acknowledging the past hurts so people often use alcohol to forget but drinking and illicit drugs can lower inhibitions. Physical health can also be affected. Stress can cause heart and digestive problems like angina, heartburn and irritable bowel syndrome.

Common sense techniques

Slow down and think calmly about what you want to say.

Walk away if you find it hard to think straight.

When in a rage there is tendency to take shallow and fast breaths. Take deep breaths and try to calm down.

Arguments are caused when people are convinced that they are in the right. Try to listen to the other person's point of view and acknowledge that they are entitled to their opinions.

Assertiveness training

Teaches people to express their feelings in a calm manner. It is better to be assertive than aggressive.

Counselling

It can help you look at the way you think and behave when angry.

Anger management

It is for people who have had a single episode of violence or who have been violent in the past and now want to change their behaviour. It involves one to one sessions or group work.

Domestic violence courses

It requires a commitment and desire to change. Course can last for up to 18 months. It involves 1:1 and group sessions.