Patterns of Anger Management

Anger has many causes, but its effects depend on your ability to deal with it. You slept through the alarm. The kids are grumpy. You can't find the keys. Now the car won't start and you'll be late for work! These "disasters" are common and they make almost everyone angry. We feel anger when we've lost our sense of control, and when we feel vulnerable or frustrated. We all have these feelings, and some of us are more easily irritated and annoyed than others.

Identify The Causes
Try to identify what it is you are angry about. You may have been denying anger for such a long time that it will take some practice to recognize when it's there. But, if you start looking for it, you'll begin to see that many things stir up angry feelings. What made us angry might not be the last thing that happened today, but the first or somewhere in the middle. Or it might have happened yesterday or last week. If you've identified the cause, think before you act. Could it have been avoided? Were you partly responsible for it?

Deal With Anger Constructively
All of us feel anger, whether or not it is expressed. But many people bottle it up because they're afraid of it. Others shout a lot and blame others. Neither approach is healthy. The first step to healthy expression is to admit when you are angry. Trying to cover it up or pretend it isn't there will only make it come out some other way and distance you from other people. By being aware of what makes you angry, you can learn to shrug off the less important things.

Allow Anger To Work For You
Anger can be our ally if we let it flow naturally. By taking the time to think, we have the opportunity to cool off, and we can make expressions of anger a choice rather than a reaction. You don't have to shout. Just say it in a straightforward way, to yourself and to others. Be honest, but be fair and respectful. Others will respect your honesty and you'll be on the road to controlling and releasing your anger responsibly.