



ANGER MANAGEMENT STRATEGIES AND BENEFITS OF ANGER MANAGEMENT THERAPY

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ABSTRACT

Long-term effects of anger that is too readily or frequently mobilized include relationship breakdown and physical health impairment. Anger's prolonged production of stress hormones can damage immune system function and neurons in the parts of the brain that control judgment and short-term memory. Learning how to recognize and manage this strong emotion can promote growth and transformation in people, whether they experience occasional or chronic outbursts of anger. This paper focuses on the definition, and understanding of anger, external and internal triggers of anger, anger management therapies, and the best therapy for anger. This study looks into the importance of anger management, anger management strategies, and the benefits of anger management therapy.

KEYWORDS: *Anger, Cognitive Behavior Therapy(CBT), Relaxation-based interventions, stress inoculation, social skills training, cognitive restructuring, assertiveness training.*

INTRODUCTION

Anger is a normal human emotion, and there are occasionally good reasons to feel angry, such as when you've been hurt by something someone said or did, or when you're frustrated with a circumstance at work or at home. However, unchecked rage can be detrimental to your health and personal relationships. One of the fundamental human emotions, along with happiness, sorrow, worry, and disgust, is anger. These feelings have evolved throughout human history and are essential to fundamental survival. Anger is connected to the sympathetic nervous system's "fight, flight, or freeze" reaction and gets people ready to battle. Punching isn't necessarily a part of fighting, though. By implementing new regulations or standards, communities may be motivated to combat injustice.

It's common to see depictions of anger as a "bad," dangerous, or useless feeling. But despite the fact that it can occasionally result in more harmful behavior, anger serves a crucial self-protective purpose and can promote communal good (Lambert, Eadeh, & Hanson, 2019). Anger serves as a warning sign that something unfair has occurred and that something needs to be done to make it right (Lambert et al., 2019). Anger can be beneficial when it prompts us to deal with a real or imagined threat or rectify an unfair circumstance (Lambert et al., 2019; Thomas, 2001). Violence can result from anger, but the two concepts are not interchangeable. Even without being furious, someone can cause injury to another person, and anger isn't usually accompanied by aggression or violence. If resentment can be expressed in a healthy way and relationships can be patched up, this may even lower the likelihood of aggressiveness (Thomas, 2001).

THE OBJECTIVE OF THE STUDY

1. To study External and Internal Triggers of Anger, Anger management Therapies, and the best therapy for anger.
2. To study the importance of anger management and anger management strategies.
3. To provide the benefits of anger management therapy.

DEFINITION OF ANGER

When we receive stimuli that contradict our ideals or principles or when we feel an injustice, we become enraged (Lambert et al., 2019; Thomas, 2001). In contrast to anger, hostility is typically thought of as a more pervasive unfavorable attitude toward other people and the rest of the world (Thomas, 2001). According to Staicu and Cuțov (2010), the intensity of anger can range from mild irritation to fire-breathing wrath and can alter physiology by raising blood pressure (Lochman, Palardy, McElroy, Phillips, & Holmes, 2004).

EXTERNAL AND INTERNAL TRIGGERS OF ANGER

Anger can have internal or external causes. External triggers for rage include things like:

- Considering your boss has treated you unfairly
- Feeling that your romantic partner is being ungrateful
- Being excluded from a resource on the basis of illegitimate criteria like your gender, age, or race
- Each person has a different set of triggers that can affect how they feel, express, and control their anger, including the following:
- Learned conduct (e.g., watching how parents express anger)



- Biological propensities
- The setting and the experiences
- Difficulty solving problems (Hendricks, Bore, Aslinia, & Morriss, 2013)

Anger can manifest in several ways. Some people experience continual annoyance or can't stop thinking about an upsetting event. Others get angry less frequently, but when they do, they get angry violently.

Uncontrolled rage can have a harmful impact on both physical and emotional welfare, regardless of its form. According to research, feelings of rage and animosity can make people more likely to experience coronary heart disease and worsen its effects in those who already have the condition. Stress-related conditions including insomnia, intestinal issues, and headaches can all be brought on by anger. Additionally, aggressive and dangerous behaviors, such as drug and alcohol use, can be influenced by anger. Additionally, rage has a negative impact on relationships with family, friends, and co-workers.

ANGER MANAGEMENT

What we see to be threatening or unfair in the world depends on our individual ideas, ideals, and values. One person's extreme rage may not even register on the radar of another person (Thomas, 2001). For a variety of reasons, someone may be predisposed to anger management issues if they have had traumatic or negative events in the past. It may be more challenging to trust others and believe the best of others if you have experienced betrayal or abuse at the hands of loved ones. Anger control disorders can also be exacerbated by other mental health conditions or low self-esteem (Priory, 2020). Our capacities for controlling and expressing rage also vary. Some people find it difficult to control their anger when it arises, and they might not be able to control it. Others may struggle to quietly and properly express their emotions (Priory, 2020).

12 SYMPTOMS OF PROBLEMATIC ANGER IN ADULTS

There are currently no clinical standards for diagnosing problematic anger, although the following patterns of conduct could point to problems with anger management:

- Difficulties with emotion management and good expression
- Anger-related behaviors causing issues in social, romantic, or professional Relationships Substance abuse and/or addiction
- Rage that is channelled inside through self-mutilation or social disengagement
- Anger and other related behaviors have an impact on one's capacity to work or study.
- Having trouble peacefully negotiating or reaching a consensus with others
- Anger is strong and/or manifests frequently.
- Being extremely quick to become enraged
- Anger lasts for a very long period.
- Being extremely irate or violent after drinking
- Aggressive, violent, or antisocial conduct

encountering difficulties with the law because of actions motivated by rage (Lench, 2004; Priory, 2020; Thomas, 2001) Ultimately, if your anger is producing issues in your life or not supporting your best interests, health, or relationships, it is probably dysfunctional (Lench, 2004).

BEST THERAPY FOR ANGER

Cognitive-Behavioral Therapy (CBT) has been the most widely used therapy in the field of anger management therapy since it has been the subject of the majority of research (Lee & DiGiuseppe, 2018).

1. CBT and anger management

- a. CBT is a highly effective treatment for psychiatric and nonclinical populations because it stresses the significant connections between how we feel, the thoughts and beliefs we hold, and the behaviours we engage in (Lee & DiGiuseppe, 2018). In a meta-analysis of 50 studies with 1,640 individuals, it was discovered that those who received CBT for anger had better outcomes than 76% of those who did not receive treatment (Beck & Fernandez, 1998). A range of populations, including those with high blood pressure, irate drivers, inmates, college students, police officers, and parents, have benefited from CBT anger management therapies (Deffenbacher, Oetting & DiGiuseppe, 2002). Interventions for CBT anger management often focus on the physiological and emotional aspects of anger, the cognitive (thinking/behavioral) processes that underlie dysfunctional anger, and/or social and communication skills (Deffenbacher et al., 2002).

2. Relaxation-based interventions

- a. Interventions based on relaxation address the physiological and emotional aspects of rage. People learn to control their excitement and employ relaxation to deal with their rage. People can better analyze their actions and apply their conflict resolution and problem-solving abilities when they are more at ease (Deffenbacher et al., 2002).

3. Stress inoculation

- a. Individuals practice an internal dialogue to simulate how they might respond to a circumstance that might make them angry during stress inoculation training. They might develop a bank of coping phrases or plan how to refute unfavorable assessments of the circumstance. They can learn to approach situations with more self-control and less arousal by working on this self-guiding discourse (Deffenbacher et al., 2002).

4. Cognitive restructuring

- a. Beginning with an error-finding mission, cognitive restructuring helps clients identify dysfunctional or biased beliefs and thought processes that fuel anger, such as unduly personalizing others' statements or unhelpful



convictions like ". People never pay attention to me," After that, clients are helped to adopt new, more advantageous, rational, and realistic mental processes (Deffenbacher et al., 2002).

5. Social skills training

- a. Interventions in social skills are intended to lessen negative and antagonistic behaviours while also promoting improved communication and conflict-resolution abilities. The client is encouraged to strengthen their listening and assertiveness skills as well as their ability to negotiate and consider how their actions affect others (Deffenbacher et al., 2002). Anger can be decreased by better communication alone, and conflict can be avoided by learning how to handle situations that make others angry (Deffenbacher et al., 2002).

6. Counseling Tips

- a. There are numerous techniques for assisting clients in recognizing, expressing, and managing their anger in more positive ways. It's important to note that people with specific diseases, such as neurological problems, psychosis, personality disorders, or paranoia, are unlikely to benefit from anger management therapy (Thomas, 2001). We've listed a few interventions that could be useful when dealing with someone who has a problem with rage below.

7. Retreat, rethink, respond

- a. This straightforward intervention encourages clients to consider how they can defer having an angry reaction to a circumstance. A classic negative reaction pattern is to react (for example, yell at someone), retreat (remove yourself from the situation or be removed), and then, after the damage has been done, rethink (examine your actions and what you might have done differently). You can work with the client to figure out how to change their habitual response to first withdraw into their minds, reflect on the experience, and then reply more wisely in order to break this vicious cycle (Schimmel & Jacobs, 2011).

8. The 7/11 technique, Breathing Technique

- a. Clients may find it beneficial to use a tried-and-true anger management breathing method to calm down, clear their minds, and activate their parasympathetic ("rest and digest") nerve system when they are feeling tense (Tyrrell, 2018).
- b. When the client next feels furious, assist them in practicing these techniques:
 - Consider the breath for a moment.
 - Inhale for a rapid count of seven.
 - exhale for a brief count of 11.
 - Continue for at least one minute.
 - Think about the effects of acting from this more tranquil position. **2018 (Tyrrell)**

9. Norman Cotterell's 7 steps for anger

- a. A senior clinician at the Beck Institute for Cognitive Behavioral Therapy, Norman

Cotterell, PhD, promotes a seven-step prescription for managing anger.

COST-BENEFIT ANALYSIS PREPARATION

Cotterell (2021) proposes that performing a cost-benefit analysis before diving into the interventions is a quick method to give clients the power to decide how to handle their anger.

- Ask the client to list characteristics of someone who they think has effective anger management.
- Then, have them consider the advantages and disadvantages of acting in this manner and becoming furious.
- Ask the customer to rank the significance of each expense and benefit.
- After tallying the results, ask the client if it is more expensive to stay upset than it is to let it go. Compare the advantages and disadvantages of being like the person they adore. (2021, Cotterell).

What "should" rule be broken in Step 1?

- When one of our "should" rules—for instance, "They should be honest with me" or "He should return my call"—is broken, anger is generated. Knowing which rule was broken allows us to decide whether to accept what happened or keep fighting against it.
- Rules that begin with "should" also provide us with a glimpse of our core values, which is something to consider. He should pay for half, for instance, which could demonstrate your concern for justice and equality (Cotterell, 2021).
- The client is then prompted to consider their long-term goals and ways that they can deal with circumstances where they transgress the rules but still act morally (Cotterell, 2021).

Step 2: What about breaking this rule is painful or frightening?

- Find out why it hurts when someone violates your rules. To you, what does that mean? Does it support unfavorable opinions you may hold about other people or yourself?
- Here, it's helpful to examine the supporting documentation for their ideas and take into account more accurate ways of evaluating other people's actions (Cotterell, 2021).

Third step: "Hot thoughts"

- Change reactive ideas that are extremely "hot" or emotional, such as "He's an idiot," to more contemplative ones, like "He made an honest mistake" (Cotterell, 2021).

Step 4: Fury

- With the help of traditional relaxation techniques like progressive muscle relaxation and visualization, one can learn to control the arousal brought on by anger. According to Cotterell (2021), you might also investigate rage as a potential source of energy that can be beneficial when it's used to realize our ideals and principles.
- Anger can become hypocritical if it leads to actions that we would consider to be morally repugnant or wrong (Cotterell, 2021).



Fifth Step: Moral Disengagement

- Examine any theories or reasons you may have for acting violently when you're angry, such as "He initiated it" or "They were purposely setting off my buttons."
- These justifications effectively provide us with a sense of justification for undesirable behaviour.
- Encourage the client to weigh the benefits and drawbacks of these arguments as well as what they stand to gain from developing more tolerance and empathy for others (Cotterell, 2021).

Sixth step: aggression

- This step entails looking more closely at the problematic anger-relate behaviors.
- It is possible to ask the client to feel empathy for those who irritate them or whom they act violently toward.
- This exercise in perspective-taking is intended to assist the client in better controlling their own and other people's rage and to boost the likelihood of productive conversation (Cotterell, 2021).

Step 7: Results

- The client can be helped in this last stage to lessen feelings of guilt and to realize that they are not failures if they relapse into angry outbursts.
- Every time it occurs, they have a chance to learn and use the techniques and abilities they've developed to break the cycle of rage (Cotterell, 2021).

IMPORTANCE OF ANGER MANAGEMENT THERAPY

Anger that is problematic or persistent rarely results in positive outcomes for the angry individual. It may result in issues at work, marital problems, and even criminal prosecution (Priory, 2020). Long-term anger can also be detrimental to our health. Anger is one negative emotion that can cause the body's stress response system to become chronically activated if experienced frequently (Davidson & Mostofsky, 2010).

According to a 10-year study, men and women who express less constructive anger and more destructive anger justification are at higher risk for coronary heart disease (Davidson & Mostofsky, 2010). The development of type 2 diabetes has been connected to anger, presumably due to inflammation brought on by a stressed-out body or as a result of bad health habits (Staicu & Cuțov, 2010). Anger can also result in hazardous lifestyle decisions. Anger that is suppressed by violent or destructive ways might result in domestic violence, bullying, or harsh parenting techniques (Deffenbacher et al., 2002). Being able to express anger in a healthy way can improve relationships and prevent unneeded conflict or hostility.

ANGER MANAGEMENT STRATEGIES

Events on the inside or outside can make someone angry. A person, an organization like the one you work for, or an occasion like a traffic jam or a political election may make you angry. No matter where your feelings came from, you

don't have to let your wrath rule your life. Here are some strategies to help keep cool.

- ❖ Check yourself
 - It's difficult to make good decisions when you're in a persistently bad mood. Try to talk yourself down from the cliff rather than trying to ascend it in the first place. Look for signs that you are starting to worry about yourself. To prevent your annoyance from getting worse, leave the location if you notice the signs or use relaxation techniques.
- ❖ Don't linger.
 - Some people have a tendency to bring up an incident that upset them over and over again. That is a useless strategy, especially if you have already resolved the issue that made you angry in the first place. Instead, try to put the earlier event out of your mind. Focusing on the good things about the person or situation that irritated you can help you do this.
- ❖ Modify your thinking.
 - It's simple to believe that things are worse than they actually are when you're angry. Using a technique called cognitive restructuring, you can swap out detrimental false beliefs for more sensible ones. Instead of telling yourself that everything is destroyed, say to yourself, "This is frustrating, but it's not the end of the world."
- ❖ strategies to reframe your thinking:
 - When referring to oneself or another, avoid using the terms "never" or "always." You feel your wrath is warranted when someone says things like "You always seem to forget stuff, or "This never succeeds." Furthermore, using such language repels people who might otherwise be eager to work with you to find a solution. Apply logic. Even when it is well-founded, rage may easily spiral out of control. Remind yourself that no one is out to harm you in the world. Every time you feel yourself getting irritated, do this to bring yourself back to the center.
- ❖ Convert wants into expectations.
 - Whether it's fairness, gratitude, agreement, or the desire to do things their way, angry individuals have a tendency to demand things. Try to convert your requests into demands. Likewise, if things don't go your way, try to keep your wrath in check.
- ❖ Relax.
 - Two simple relaxation methods that can be used to lessen anger include deep breathing and picturing peaceful things. If you frequently practice these tactics, it will be easier to employ one or more of them when angry sensations appear.
- ❖ breath control.
 - furious breathing is shallow breathing. Practice taking calm, controlled breaths by visualizing the air rising from your belly rather than your chest. Apply imagery. Imagine a peaceful moment from your past or from your own imagination. gradual muscular relaxation Using this method, you slowly tense and then release each muscle group



individually. For instance, you might begin with your toes and gradually move up to your head and neck.

- ❖ Develop your communication abilities.
 - In a state of rage, people frequently make quick decisions and may speak out of turn, frequently inadvertently. Try to halt and pay attention before acting. After then, consider your response carefully. If you need to leave the room to cool down before continuing, promise to come back later to finish the conversation.
- ❖ Get moving.
 - Regular exercise will help you decompress, release additional tension, and lessen stress, all of which can help you control your temper.
- ❖ Know (and stay away from) your triggers.
 - Think about the things that irritate you. Take the bus or try to rearrange your schedule to make the trip at a less congested time if you know you always feel frustrated while driving downtown during rush hour. If you and your partner frequently disagree at night, try to stay away from heated discussions then. Shut the door if you're continually irritated that your child hasn't cleaned his room so you won't have to.
- ❖ Problem-solving
 - Sometimes the source of our fury and annoyance are the very real, inevitable obstacles in our lives. Although it frequently acts as a good, natural response to these problems, anger is not always incorrect. The cultural assumption that every problem has a solution makes it much more upsetting when we discover that this isn't always the case. The best mentality to adopt in this situation is to focus less on finding a solution and more on how you approach and handle the problem. Make a plan and keep track of your progress as you go. Make a promise to yourself to try your best and to hold off on condemning yourself if you don't get a response right away. You will be less likely to lose patience and fall victim to all-or-nothing thinking if you can approach the problem with your best intentions and efforts and sincerely try to tackle it head-on. Even if the problem is not remedied immediately away.
- ❖ Better communication
 - When someone is upset, they frequently draw judgments too quickly and act on them, some of which may be quite incorrect. Take a moment to collect yourself if you find yourself in a heated dispute before answering. Instead of stating the first thing that comes to mind, take your time and think about what you're saying. Prior to responding, pay close attention to what the other person is saying and take your time. Pay attention to where the anger originated as well. For instance, you might want a certain amount of freedom, whereas your "significant other" may desire more intimacy and connection. Do not portray your

partner as a warden, jailer, or an albatross around your neck in retaliation if they begin to criticize your actions. Even though it's common to become defensive in response to criticism, hold off on taking offense. Instead, focus on the underlying message, which is that this person can feel neglected and abandoned. Don't let a conversation go out of hand because of your or your partner's rage. You may need to carefully probe the situation and give yourself some breathing room. Keeping your cool will help keep the situation from getting worse.

- ❖ assertiveness training
 - The bulk of books and workshops on developing assertiveness are aimed at those who don't experience enough rage, despite the fact that people who are enraged need to learn to be assertive (instead of hostile). These people are meeker and more submissive than the average person and like to let others dominate them. The majority of angry people don't act like that. However, these books might provide some beneficial approaches to use in tough situations.
 - Keep in mind that you cannot and should not rationally suppress your anger. Despite your best efforts, things will still annoy you, and on rare occasions, your annoyance will be warranted. Life will inevitably be filled with frustration, sorrow, loss, and unpredictable behavior from others. Although you can control how these events affect you, you cannot change the reality that they do. In the long term, learning to control your furious impulses may save you from becoming even more unpleasant.
- ❖ Using humor
 - In many situations, "silly humor" might help calm people down. One advantage is that you might be able to develop a more objective point of view. Before you use a derogatory or nonsensical term to describe someone, consider how that phrase could truly sound. If you think of your coworker as a "dirt bag" or a "single-cell living form" at work, then picture a giant sack of dirt (or an amoeba) sitting at your desk, talking on the phone, and attending meetings, for example. Do this each time the name of a different person comes to mind. Draw a representation of how the actual thing could appear if you can.
 - This can dramatically reduce your fury, and comedy is a great way to defuse tense situations. Dr. Deffenbacher asserts that the underlying sentiment of truly angry people is "things ought to go my way!" Many times, those who are offended believe they are morally superior, that any delay or change in their plans is a terrible offense, and that they shouldn't have to go through this. Perhaps some others do, but not them!



- ❖ Imagine yourself as a god or goddess, a supreme monarch who owns the streets, shops, and office space, striding alone and having the final say in every scenario while others bow to you, he advises, when you feel the impulse. You have a greater possibility of realizing that perhaps you are being unreasonable and that the things you are furious over are actually not that essential the more specific your imagined scenes can be. Two warnings should be heeded when employing comedy. First, utilize humor to help yourself address your difficulties more effectively rather than merely trying to "laugh off" them. Second, refrain from employing harsh or sarcastic humor; doing so is just another negative method to express anger.
- ❖ Changing your environment
 - Our immediate surroundings can occasionally be the cause of our irritation and wrath. Due to your issues and duties, you may feel burdened and resentful of the "trap" you appear to have fallen into as well as the people and things that make up that trap.
- ❖ Take a break for yourself.
 - For moments of the day that you are aware are particularly stressful, make sure to schedule some "personal time." As an example, consider the working mother who has a standing rule that for the first 15 minutes after she gets home from work, "nobody talks to Mom unless the house is on fire." After this brief period of alone, she feels more equipped to deal with the demands of her children without losing her temper.

- handle what lies ahead without getting irritated or furious.
- Identify possible solutions
 - Instead of concentrating on what has angered you, focus on solving the current issue. Are you angry with your kid's filthy room? Make a doorbell ring. Does your partner ever arrive late for dinner? Plan your meals for later. Decide to eat alone perhaps once a week as an alternative. Recognize that some circumstances are simply out of your control. Trying to be practical about what can control and what cannot be changed., try to be practical. Remember that being upset won't solve anything and can even make matters worse.
- Stick with 'I' statements
 - Other people's criticism or blame could only exacerbate the situation. Instead, use "I" phrases to describe the problem. Be thoughtful and specific. Instead of saying, "You never do any housework," try saying, "I'm upset that you left the table without offering to help with the dishes."
- Don't hold a grudge
 - It is a strong instrument to forgive. If you allow anger and other bad emotions to dominate happy ones, you run the risk of being overpowered by your own resentment or sense of injustice. If you forgive the perpetrator, your relationship might improve and you might both grow from the experience.
- Use humor to release tension
 - Laughter can assist reduce tension. Use humor to help you face your problems and perhaps any unreasonable expectations you may have about how events should play out. Avoid employing sarcasm despite the fact that it could harm feelings and make things worse.
- Practice relaxation skills
 - Practice your calming skills for those times when your temper might flare. Try deep breathing exercises, picture a calming scene, or repeat a calming word or phrase, such as "Take it easy." You might also do some yoga poses, write in a notepad, or listen to music to help you relax.
- Know when to seek help
 - At times, it can be challenging to learn how to control your wrath. Seek treatment for your anger issues if it seems out of control, causes you to do things you regret, or hurts those around you.
- Identifying Triggers and Responses
 - Therapy can help you get a deeper understanding of the origins of your anger, your responses to it, and the effects it has on your relationships and on you personally.

TIPS TO TAME THE TEMPER OF ANGER MANAGEMENT

- Think before you speak
 - When you're feeling something, it's easy to say something you'll later regret. Take a time to collect your thoughts before you respond. Permit everyone else involved in the incident to follow suit.
- Once you're calm, express your concerns
 - When you can talk effectively, express your displeasure with force while remaining non-aggressive. Without causing harm or seeking to manipulate others, simply and distinctly state your requests and concerns.
- Get some exercise
 - You can reduce your stress levels through exercise, which will reduce your rage. If your fury starts to rise, go for a quick walk or run. Alternately, spend some time participating in another fun physical activity.
- Take a timeout
 - Not just timeouts for children. Give yourself short breaks when the going becomes tough. If you have a couple of peaceful moments to yourself, you could feel better prepared to



- For example, you may find that your yelling at your spouse is a result of hearing your parents yell or that you believe yelling will make you successful.
- Learning Strategies to Diffuse Anger
 - During an anger management therapy session, you can learn methods to moderate your anger by avoiding situations or distracting yourself. You can get help from your therapist in figuring out how to manage your anger. Role-playing offers the chance to put control-improving strategies, such as assertiveness and direct communication, into practice. Additionally, therapy can help you learn relaxation skills and coping mechanisms like slow, deep breathing, leaving the area and coming back when you've calmed down, or utilizing a calming image to lessen the intensity of anger.
- Changing Attitude and Thought Patterns
 - It is also feasible to restructure your thinking and change your attitudes in relation to anger while in treatment, particularly if your therapist is utilizing CBT.
- In order to identify any thought patterns that might be fueling your anger, such as brooding, catastrophizing, judging, fortune-telling, or magnifying, your therapist will work with you to assess your attitudes and ways of thinking.
- Your therapist will also help you practice changing your response habits. They can assist you in mending and accepting strained bonds, provide techniques for letting go of pain and disappointment, and promote forgiveness and compassion.

DISCUSSIONS

Consider counseling to acquire better-coping strategies if you believe your anger is truly out of control, affecting your relationships and other significant aspects of your life. With the help of a psychologist or other competent mental health professional, you can create a number of strategies for changing your ideas and behaviors. When chatting with a possible therapist, ask them about their approach to anger management and let them know that you want to work on your anger problems. Make sure this isn't just a method to "get you in touch with your feelings and express them," since it can be what's causing your problem. According to psychologists, a person who is extremely angry can shift toward a median level of anger with counseling in 8 to 10 weeks, depending on the situation and the tactics utilized.

TIPS FOR EASING UP ON YOURSELF

- ✓ Timing:
 - If you and your partner frequently argue when discussing issues at night (perhaps because you're both sleepy, distracted, or it's just habit), consider switching up the times you discuss significant issues to prevent fights.
- ✓ Avoidance:

- Shut the door if your child's disorganized room makes you angry every time you pass by. Avoid forcing yourself to look at what irritates you. It is unacceptable to respond, "Well, my child should clean the room so I won't have to be angry." That is not the point. The most crucial thing is to maintain your composure.
- ✓ Finding alternatives:
 - If your daily commute through traffic makes you angry and frustrated, set a goal for yourself and study or map out an alternate route that is less crowded or more beautiful. Or look for another option, such as a bus or commuter train.

CONCLUSION

Anger is not formally a disorder that is diagnosed or characterized, like depression or anxiety, for example, even if anger management is a type of treatment intended to help manage anger. According to Engle, excessive, destructive, or uncontrollable anger can compromise the safety, cause severe distress, and cause disability. Anyone suffering wrath or having angry outbursts can benefit from anger management treatment.

BENEFITS OF ANGER MANAGEMENT THERAPY

- Mental health:
 - Anger can make it difficult to concentrate, make decisions seem wrong, and drain your vitality. It may also result in other mental health issues like depression and drug abuse. Anger management therapy reduces all mental health issues.
- Physical well-being:
 - According to Engle, feeling angry causes the body to physically react by releasing more adrenaline, beating more quickly, having higher blood pressure, and clenching its jaw or fists. This can damage your health over time and result in physical health issues. Anger management therapy decreases all physical health issues.
- Career:
 - Your performance may suffer if you struggle to concentrate on your work or schoolwork due to anger. Your connections with your peers may suffer as a result. Lashing out or having furious outbursts can alienate your friends and result in bad consequences, even while creative disagreements, constructive criticism, and good arguments can be beneficial. Therapy helps in the career development of an individual.
- Relationships:
 - Anger frequently causes the most harm to loved ones and can have a negative impact on your relationships with them. It can make



them uncomfortable with you, undermine their respect for you, and be especially harmful to children.

- Try to identify the triggers and avoid the situation or try to manage the circumstances.
- Use anger management techniques to strengthen and change the unfavorable mental patterns that cause your rage.
- Gain coping skills: Therapy can assist in controlling your emotions, and your behavior, and the development of coping mechanisms to help you deal with events that make you angry.
- Learn how to relax: therapist may teach you how to relax, which can help to control your emotions and unwind your body and mind.
- Identifying solutions or alternatives may be suggested by the therapist if certain situations continually make you furious.
- Communication skills are improved because of anger management therapy since it teaches you how to express your rage politely, forcefully, or constructively without resorting to violence.

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