

Let's Talk: Managing anger

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Hi, my name is Lynn. Let's talk about anger. Anger is a natural human emotion. We all feel it from time to time, and why? Well, we may feel misunderstood, we may feel mistreated or frustrated or disrespected or we may feel that our feelings are being hurt.

Underlying emotions

Anger is actually a secondary emotion. It's really an emotion that has something underneath it, and what's underneath it is often fear, a feeling of disrespect or pain. And it really can be scary or painful for the person who's angry.

Anger history

So do you know some people who are angry a lot? Or perhaps you're angry a lot, and you wonder why? Some of it could be about your anger history. Your anger history includes:

- What was the level of anger in your household when you were growing up?
- What was the anger between your siblings, between your parents and so forth?
- What did you observe?
- And how did you learn to handle difficult situations and difficult feelings?

Anger reactions

So not only does everybody have a different anger history, but everyone has a different way of feeling and showing that they're angry. Some people might sulk, they might want to be alone, and other people might become very, very agitated and sometimes even violent.

Managing anger

So if you do find that you get angry, you may wonder how you can handle it. Here are some ideas:

- Number one, try to understand it, try to look for the underlying emotions that I talked about before, like hurt and feeling disrespected.
- Number two, try to take yourself out of the situation if you're in a really hot situation and you're feeling angry.
- Number three, try not to interact with anyone until you're calm. Otherwise, you might say something that you're sorry for afterwards.
- And finally, if you need more insight about your anger and about ways to handle it, you might [want to] consider getting therapy.

Find ways to help

So if you or someone you love has an anger issue, remember, you can always get help. You can read up on anger management or you can see a therapist to learn about resources and tools for handling your emotions.

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