

ANGER

Anger is a normal, powerful emotion that is experienced by everyone. It is not something you outgrow. Anger is not the same as aggression, which is a behavior rather a feeling. Anger is manageable with practice.

CAUSES OF ANGER

- Frustration
- Disappointment
- Fear
- Threats to personal security
- Feelings of powerlessness
- Unfulfilled expectations
- Annoyances
- Being hurt by others
- Harassment
- Rejection

PHYSIOLOGICAL SIGNS OF ANGER

- Breathing rate increases
- Heart rate increases
- Blood pressure rises
- Muscles tense

COGNITIVE RESPONSES TO ANGER

- Irrational thoughts about others
- Negative self-statements

HEALTH CONCERNS ASSOCIATED WITH UNRESOLVED ANGER

- Headaches
- Gastrointestinal problems
- Respiratory disorders
- Skin disorders
- Nervous system disabilities
- Circulatory problems
- Exacerbation of previously developed health problems
- Emotional disturbances (including suicidal tendencies)

ANGER MANAGEMENT

- Admit to yourself that you are angry.
- Calm yourself by taking a deep breath and counting to ten.
- Use a “time-out” if possible.
- Talk to a friend, write about your feelings, or picture in your mind yourself saying/screaming things that would release your anger.
- Reconsider the situation neutrally.
- Examine your options.
- Decide how you will respond by considering short-term and long-term results of your actions.
- Confront the situation, or let it go without avoiding it.

REDUCING TENDENCIES TOWARD BECOMING ANGRY

- Get training in assertiveness to increase your confidence in expressing yourself appropriately.
- Practice relaxation techniques, such as deep breathing.
- Release your high energy and arousal daily through exercise, humor, sports, and other personally enjoyable activities.
- Assume others have the best intentions.
- Forget about fairness accounting.
- Remember that you cannot “change the world.”

CURTAILING ANGRY FEELINGS THAT PERSIST

- Develop understanding of others’ points of view and feelings.
- Examine underlying personal expectations that may be unfulfilled.
- Explore emotions, such as fear and disappointment, underlying your anger.
- Explore motivations of your anger, such as punishment toward a loved one.
- Consciously choose happiness instead of anger.
- Seek help from a counselor if needed.

QUICK TIPS TO COMBAT ANGER

- Be aware of your feelings.
- Express personal feelings in a positive way.
- Maintain a positive attitude toward yourself and others.

GETTING HELP

If you are concerned about someone that is presenting these symptoms or behaviors, be aware that many facilities and counselors are available to help individuals deal with anger. If you are a University of Louisiana at Lafayette student seeking help with anger, please contact the Counseling and Testing Center at 337-482-6480 for more information. The center offers unlimited confidential sessions free of charge to all university students and staff.