

ANGER MANAGEMENT



Jindal Institute of Behavioural Sciences

Anger is “an emotional state that varies in intensity from mild irritation, to frustration, all the way to fury and rage,” according to Charles Spielberger , specialist in anger management.



Common Themes in angry thoughts

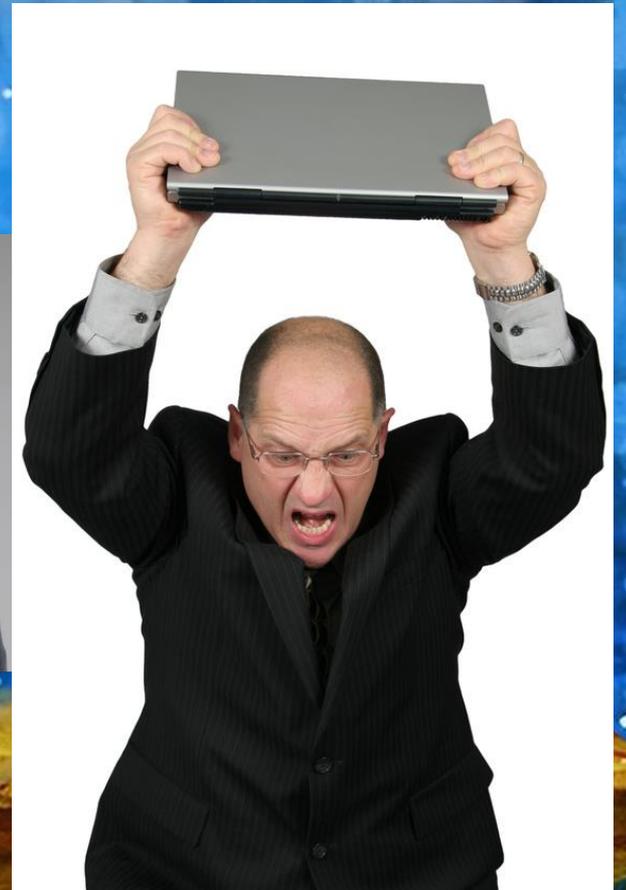
- Threat
- Injustice
- S/R barriers, Prevents us from doing something
- Criticism or attack at personal level
- Violated or Broken rule



Why do Some People Experiences more Anger

- Temperament
- Genetics
- Secondary to anxiety or depression
- Perception (attribution)







ANGER



Is it OK to be Angry??

YES!!!

- Its natural and cant be avoided, rather manage to control



BUT !!!

- Don't hurt others
- Don't hurt yourself
- No destruction to property



Anger Becomes A Problem

When not expressed

OR

Expressed inappropriately



Anger – *The Hidden Anxiety emotion*

- “Just because **anger is hidden** doesn’t mean it is harmless. Just because it’s under wraps doesn’t mean it is under control.”
- The force of **suppressed anger** will find other, secondary outlets when not allowed out directly & appropriately, usually in damaging ways.



- *I want to speak at a meeting but cannot get a word in edgeways. Instead, I start scribbling furiously.*
- *The boss gets angry and shouts at me. I go home and shout at my wife. She then shouts at our son. With nobody left to displace anger onto, he goes and kicks the dog.*
- *A boy is afraid of horses. It turns out to be a displaced fear of his father.*

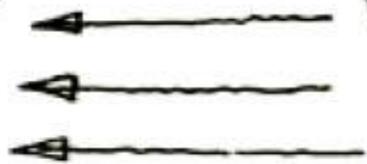
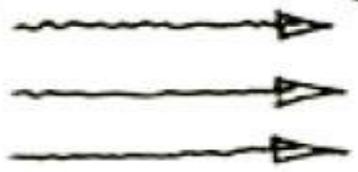
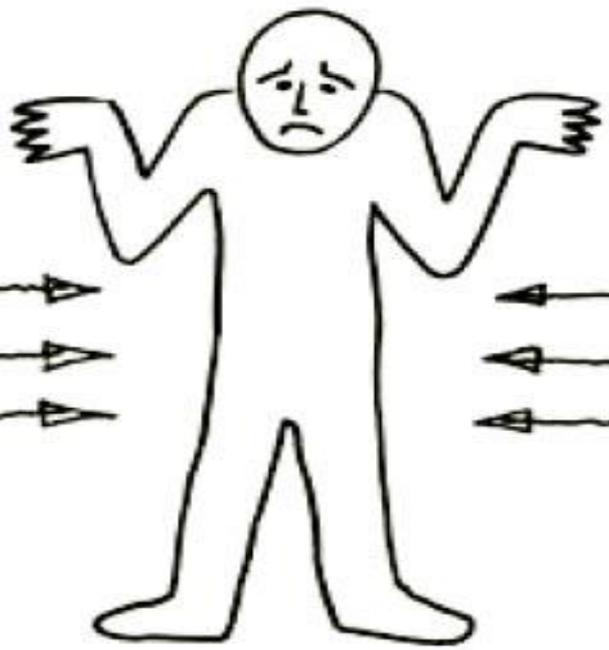
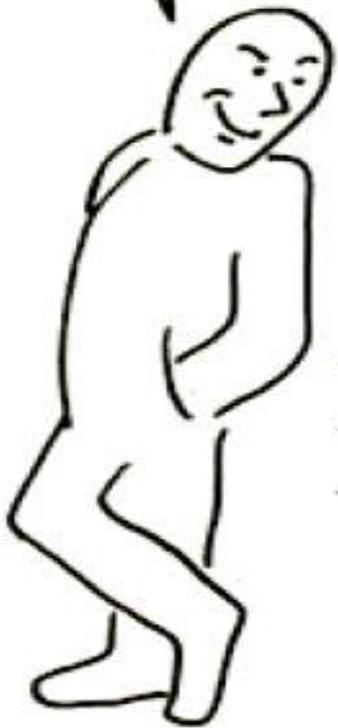
Passive Aggression

- Passive Aggression – outward superficial cooperativeness masking resentment, resilience and hostility.
- Expression of the impulse in a way which ego can't recognise.



I WANT,
I NEED.....
SATISFY ME....

YOU CAN'T !
YOU MUST NOT!
IT'S NOT
ALLOWED !!!



ID

EGO

SUPEREGO

CHILD

ADULT

PARENT

- 1. natural child
- 2. adapted child

- 1. nurturing parent
- 2. punishing parent

Ego Defence Mechanism



Ways adopted by EGO to
“defend” ourselves from the anxiety

- Unacceptability by SUPEREGO ;
Dangerous in real world
- Helps Distancing from unpleasant feelings,
thoughts and behaviors.
- Satisfactory and workable, reduces anxiety!

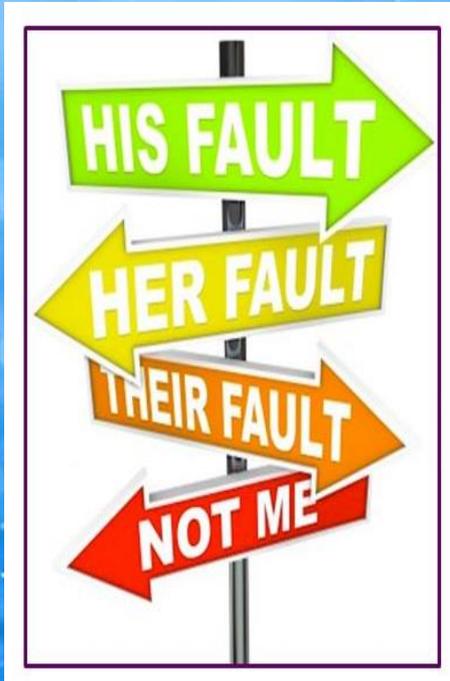
Displacement

- To transfer an event on some other less threatening way of releasing the psychic energy of the Id.
- Tends to be to into related areas or subjects.



Projection

- Ego attributes its own intolerable aggressive impulses to the outside person or agency
- Internal conflicts can be reduced
- Problems – exists in the external world.

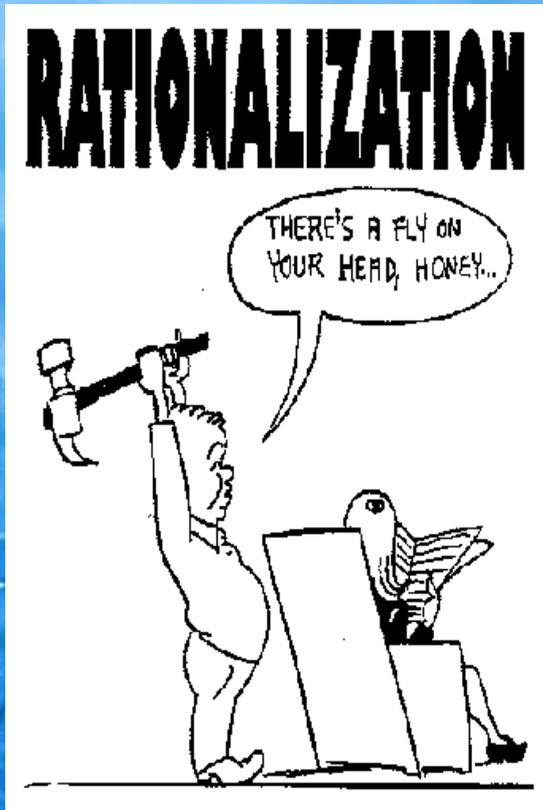


Sublimation



- Channeling of unacceptable impulses, potentially disruptive thoughts and emotions into more socially acceptable ones.
- E.g., A person with extreme anger/strong feelings might take up kick-boxing / becomes a soldier

Rationalisation



- Making up an untrue justification/ excuses to our selves or others for doing something
- E.g., If my friends were more understanding I would not have to loose my temper.

HOW TO CHANGE

- Increasing Awareness
- Behavioral Changes
- Cognitive Restructuring
- Problem Solving
- Resolving anger constructively
- Effective Communication
- Conflict Resolution.



INCREASING AWARENESS

Pay attention to your bodily arousals

- Pains/ headaches
- Perspiration
- Muscular tensions
- Heart pounding
- Gastrointestinal problems



Identifying Triggers

3 most common things that triggers anger

1. **A situation** or behaviour that **you judge is unfair**, hurtful, or in some other way is 'wrong'
 2. Believe that **you lack the skill or ability** to do so, or the person/situation seems bigger than you can handle
 3. **The experience is troubling enough** that you cannot simply tolerate it or let it go.
- 
- A golden leaf is shown floating on a surface of blue water. The water is covered in numerous small, bright blue bubbles, creating a shimmering effect. The leaf is positioned in the lower right quadrant of the image, with its reflection visible on the water's surface. The overall background is a deep, vibrant blue.

Activity 1

Identify Triggers and Scenario



Behavioral Changes

- Regulate bodily arousals
- Calm down
- Deep breathing
- Time out
- Be assertive
- Don't hurt-self/others/property



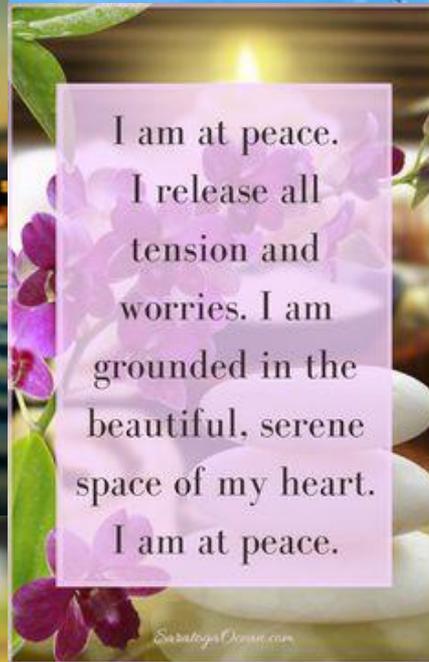
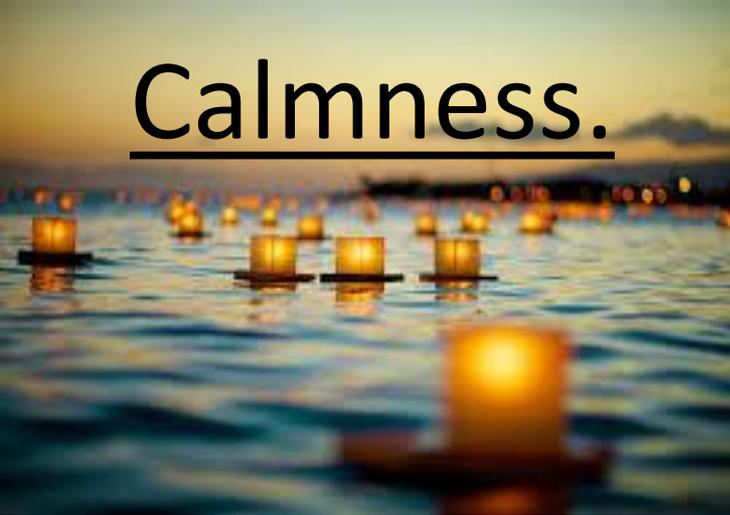
How we think directly affects how we feel

Thoughts -----feelings

Change one-----other will change too



Calmness.



I am at peace.
I release all
tension and
worries. I am
grounded in the
beautiful, serene
space of my heart.
I am at peace.

SabatogaOcean.com



Peace is
accepting today
releasing yesterday,
and giving up the
need to control
tomorrow.

Lori Desjardins



Calmness of mind is one of the beautiful jewels of wisdom. It is the result of long and patient effort in self-control. Its presence is an indication of ripened experience, and of a more than ordinary knowledge of the laws and operations of thought.

— James Allen —

Cognitive Restructuring

Recognising unhelpful thoughts

- Overestimation and underestimation
- Misattributions and explanations , often accompanied by ideas of injustice
 - All or nothing thinking
 - Jumping to conclusion
 - Overgeneralisation
 - Blaming self or others



- Polarised conceptualisation
 - Good or bad
 - Right or wrong
- Mental filters
 - Dwelling on to the bad things only.
- Emotional Reasoning
 - When we take the emotion as a fact.



- Inflammatory thinking
 - Labelling highly negative
- Catastrophizing
 - Magnification
 - *The worst thing in the world; how awful; I am devastated*
- Demanding commanding
 - ‘Should’ ought to, have to statements



Activity 2

Self Talk and Express Your Anger



Solving the Problem

- Work it out
 - Flexible solution
 - Brainstorming
 - Compromise
- Just move on



Effective Communication

- Tendency to jump to conclusion
- Fundamental attributional error-
- Listen carefully and Empathise
- Think before you say!
- Respond DON'T React



The tongue has no bones, but is strong enough to break a heart. So be careful with your words.

Put yourself



in their shoes

Anger Management Tools

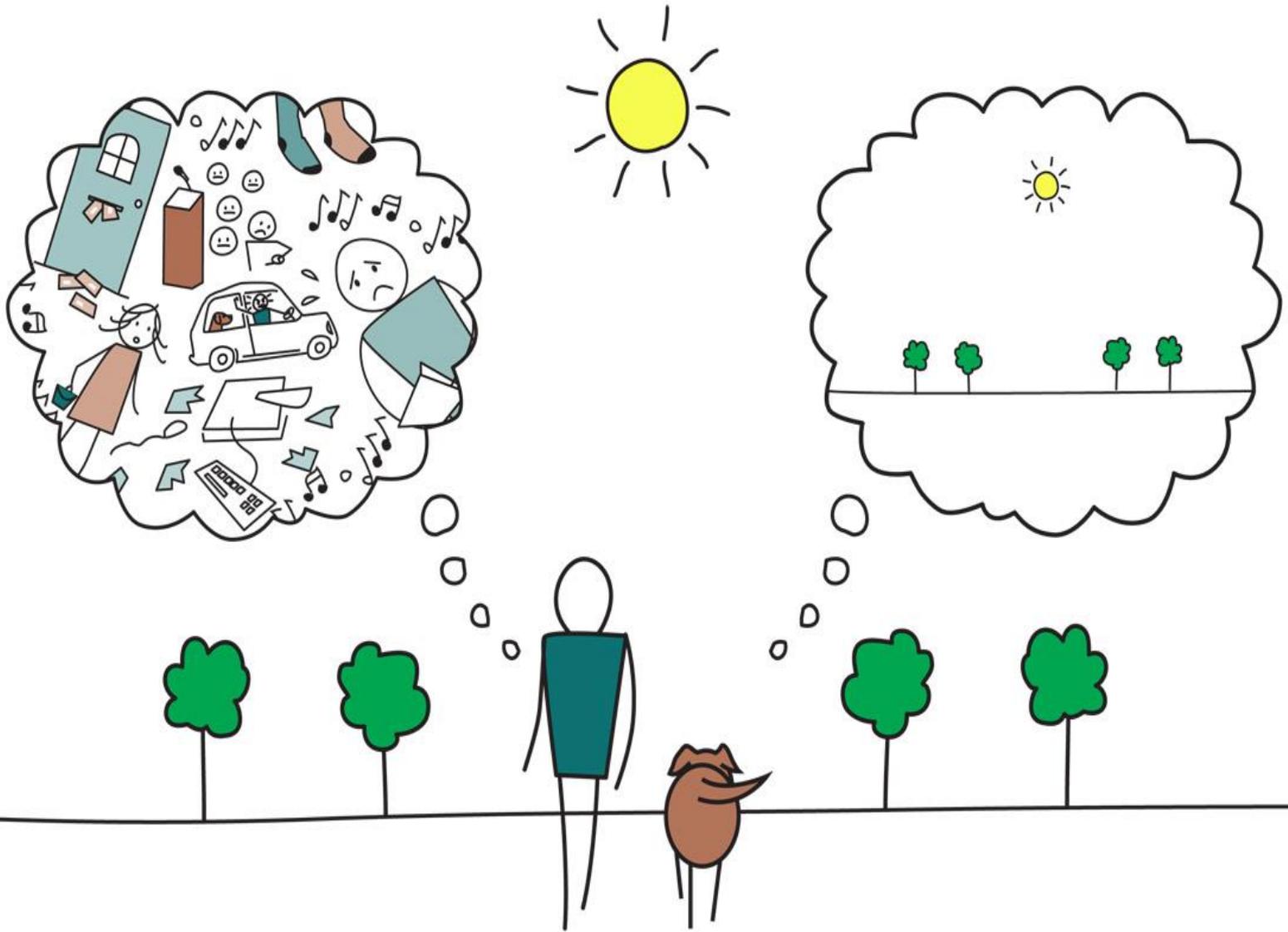












Mind Full, or Mindful?

Conflict Resolution

- Acknowledge – is a conflict!
 - Requires open, clear and deliberate communication with all the parties involved.
 - Using “I” Statements
 - Direct Questioning
 - Confirming the understanding.
 - Outcome you want vs. they want.
 - Compromise, Mutual agreement!
- 
- A golden leaf is shown floating on a surface of blue water. The water has small ripples and droplets, and the background is a deep blue with a bokeh effect of light spots. The leaf is positioned in the lower right quadrant of the image.

“I” Messages and Beyond

- Communication patterns – Evolve & Reinforced
- We recognise what is more effective based on Experiences.
- One of the skills is to share our thoughts
 - Clear
 - Honest and
 - Assertive no aggressive way
- “You” evokes- defensiveness, escalation of emotions- blaming others.

Assertiveness and Rights

Assertiveness can be described as a way to balance the rights of the two parties involved.



Conflict Resolution Methods

- Denial/Withdrawal
- Suppression/Smoothing Over
- Power/Dominance
- Compromise/Negotiation
- Collaboration.



A golden leaf is shown floating on a surface of blue water. The background is a vibrant blue with a bokeh effect of light spots. The text "...Thanks" is overlaid on the right side of the image.

...Thanks