

# ANGER MANAGEMENT

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## Introduction

Anger is an important feeling and one to which attention needs to be paid. It is a way that our psyche tells us that something is not right. We need to honor ourselves by trying to figure out what's going on. We may be caring for others at the expense of ourselves. Others may be caring for us to the extent that we're getting the message of not being competent in doing for ourselves. The relationships that we're in, either at home or at work, may be ones where we feel that our values and beliefs are being compromised. Are we being hurt? Are our rights being violated? Are our needs not being met? Anger can also be a protective feeling that is felt as a "guard" for deeper feelings of pain or fear. Whatever the reason may be that we're having these feelings, the important message here is to respect these feelings, decide how to process through them and behave appropriately which ultimately results in having the utmost respect for yourself and others.

Anger management is easy to do, right? Absolutely NOT if you haven't learned how and, unfortunately, most of us have not. But do not despair. Any current behavior can be unlearned and relearned. Once you have a respectful understanding about the feelings of anger and have practiced behaving in a different way when you are not angry, you will be amazed at how empowered you can feel in anger provoking situations. We have developed this course to help you see anger from a different perspective, which will ultimately help you behave in a more healthy way. Enjoy!

**Module 1:** Differences Between Feelings and Behavior

**Module 2:** Triggers

**Module 3:** Levels of Anger

**Module 4:** Styles of Anger (plus helpful tips to help you manage your anger)