

# Understanding Anger



## What Is Anger?

A commonly experienced emotion that ranges from rage to mild annoyance

Misplaced anger can be problematic and dysfunctional

Triggered when a person thinks they were wrong by someone or something unfair has happened

Can also be triggered when a person thinks their well-being or social status is under threat or not respected

## Types of Anger

### Outward

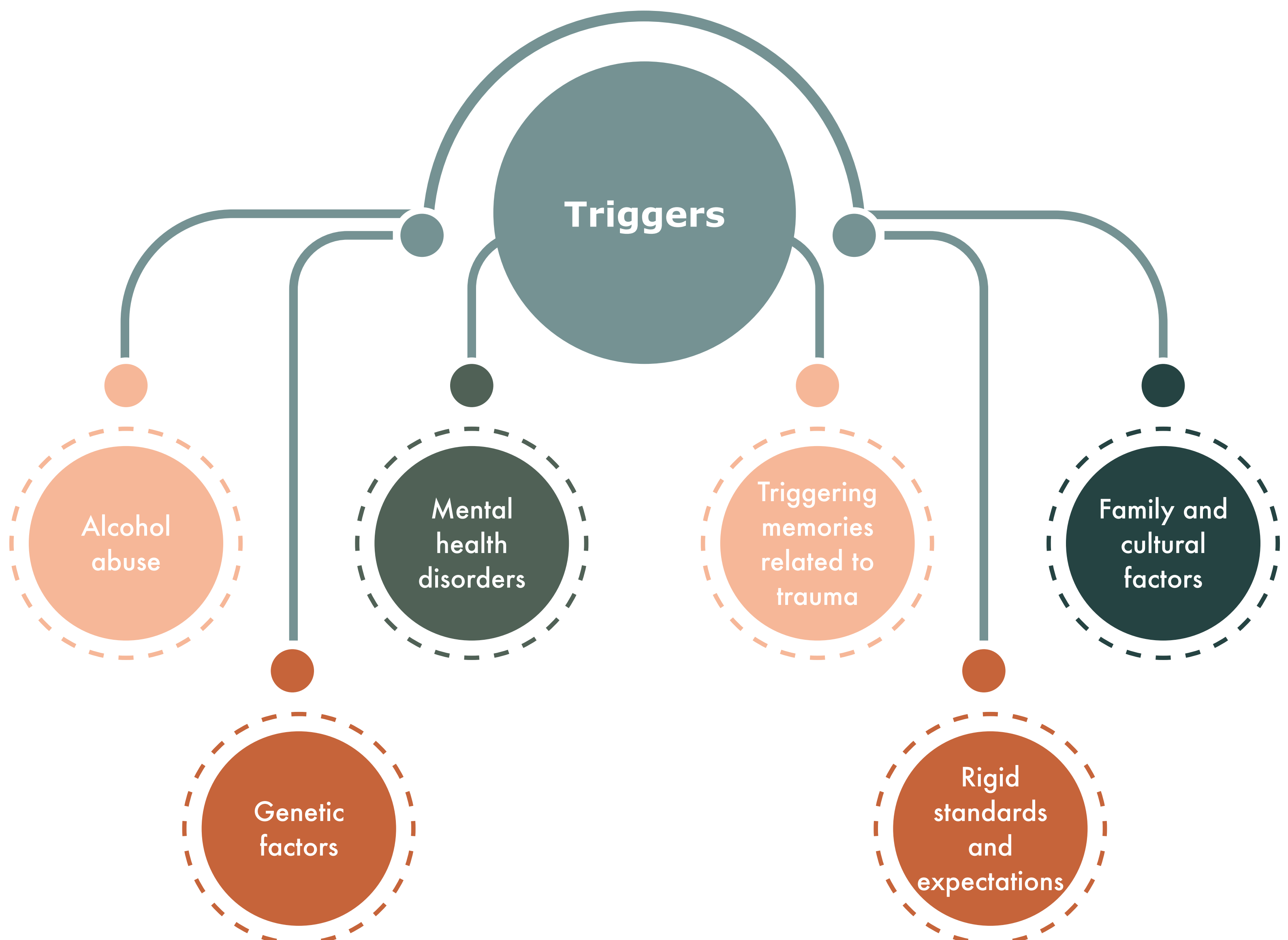
Can include behaviour like being physically or verbally abusive, cursing, shouting, throwing or breaking things

### Inward

Can include negative self-talk, self-harm, isolation or denying yourself things that make you happy

### Passive

Can involve indirect, subtle expressions of anger like the silent treatment, sarcasm, sulking and making snide remarks



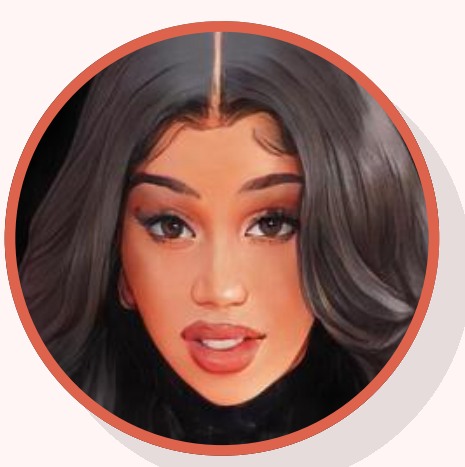
## Common Signs

- Anger is out of control
- Anger is impacting relationships
- Anger is hurting others
- Anger is causing you to say / do things you regret
- Verbal or physical abuse
- Increased blood pressure or heart rate
- Irritability, frustration, rage
- Temper tantrums
- Arguments or fighting
- Throwing things

## Managing Anger

- Relaxation techniques
- Cognitive Behavioural Therapy (CBT)
- Family therapy
- Psychodynamic therapy
- Depression, anxiety or ADHD medications (if diagnosed with these conditions)
- Anger management classes
- Support groups
- Identify warning signs
- Avoid dwelling
- Cognitive restructuring

## Who Else Has Faced Anger Issues?



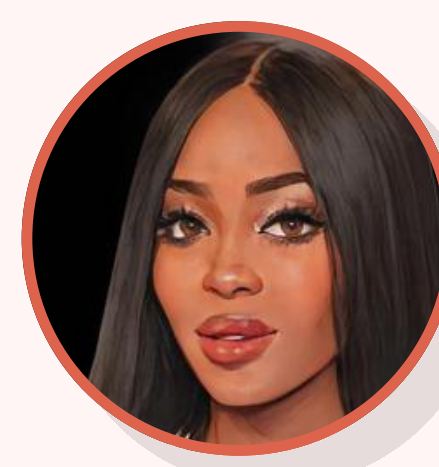
[Cardi B](#)



[Alec Baldwin](#)



[Chris Brown](#)



[Naomi Campbell](#)



[Russell Crowe](#)



[Charlie Sheen](#)



[Sean Penn](#)



[Mel Gibson](#)

## Stats

65% people express anger over the phone, 26% through writing and 9% in-person

**45%**

staff loses their temper at work regularly

**25%**

drivers admit to committing a road rage act

12% people think they have issues controlling their own anger

28% people worry about how angry they feel sometimes

20% people have ended a relationship / friendship due to the person's anger issues

# Outward

is the most common type of anger disorder.

## References

- [www.healthline.com/health/anger-issues#types](http://www.healthline.com/health/anger-issues#types)
- <https://psychology.org.au/getmedia/8e3b0aca-9070-4ba0-9746-f072eb5f277e/21aps-is-anger-web-11.pdf>
- [www.apa.org/topics/anger/strategies-controlling](http://www.apa.org/topics/anger/strategies-controlling)
- [www.healthline.com/health/anger-issues#causes](http://www.healthline.com/health/anger-issues#causes)
- [www.mindyouranger.com/anger/anger-statistics/#:~:text=More%20than%20one%20in%20ten,behaved%20when%20they%20were%20angry](http://www.mindyouranger.com/anger/anger-statistics/#:~:text=More%20than%20one%20in%20ten,behaved%20when%20they%20were%20angry)