

# **ANGER MANAGEMENT**

## **WHAT IS ANGER?**

Anger is a Normal Natural Human Emotion!

## **WHAT IS AGGRESSION?**

Aggression is a Behavior which is harmful to Self, Others or the Environment!

## **WHAT IS ASSERTIVENESS?**

Assertiveness is expressing your feelings, needs and wants in a manner which does not harm self, others or the environment!

## **WHAT IS A REACTION?**

A reaction is a group of Involuntary Physical Changes which may include:

Increased Blood Pressure

Increased Heart Rate

Increased Rate of Breathing

(short, shallow breaths)

Increased Blood Flow to the Muscles

Increased Muscle Tension

Increased Perspiration

These changes are known as the FIGHT OR FLIGHT SYNDROME and happen automatically to prepare us to respond to conflict

## **WHAT IS A RESPONSE?**

A response is an individual choice which is consciously made after initial reactions have occurred.

## **2 TYPES OF AGGRESSIVE RESPONSES**

### **DEFENSIVE AGGRESSION**

Defensive Aggression involves conscious thought processes which a person uses to assess options before selecting a response.

It serves the purpose of self-preservation.

Defensive Aggression becomes problematic when incoming information is misinterpreted and a feeling of threat is experienced without the presence of real danger.

### **IRRITABLE AGGRESSION**

Irritable Aggression is generated by some offensive, but not life-threatening event that interferes with some aspect of daily functioning.

Irritable Aggression serves no useful purpose.

Irritable Aggression negatively affects a person's behavior, emotions, sensations, thinking and self esteem. Due to this response it also increases the person's chance of relapsing or acting aggressively again.