

Anger Management

Do you ever wonder why a friend or loved one becomes angry so easily or possibly why yourself becomes so angry? Would like in some way to understand or answer these puzzling questions? Anger management must begin with a few questions such as what is anger, when do anger problems begin, why do people get angry, and how can we fix this anger problem we have. You may think you know what anger is, your saying to yourself know that it is an emotion that occurs when you are disappointed, upset, or confessed. Anger is more than just a normal feeling, so let's explore the essence of anger so you can feel better or realize what you yourself may be dealing with.

Let's begin with who anger can affect your life. Anger can be destructive for your relationships with loved ones, friends, and coworkers. Anger is an emotion that can vary in intensity from an irritation to a strong outburst of rage that can be harmful to others and harmful to you. Anger can be a result of unfulfilled desires and expectations we may have for people in our lives. With this unfulfilled desire or expectation we become upset and troubled with this person so we become angered. Anger can be triggered from internal and external affairs that can mean that you become angry at a friend or angered by a train on your way to work. Anger can also revealed by a person with worries or doubts they may have with their own lives and how they may be living it. Anger an expression that we humans and animals alike show to provide your surroundings a little bit of info of a conflict we have with someone or something. If a person has a server problem with their anger it may be because they were but threw abuse or saw abuse in their own childhood. Which is shown to them and they may very well become just as aggressive with their own anger in their adulthood. There are ways to express our anger assertive, suppressed, and unexpressed anger. Assertive anger is a non aggressive expression of anger it is considered the healthiest form of expression. You determine your needs and composite a way to come about to get them by being respectful of

others and yourself. Suppressed anger is where you try to convert the anger into a motivation of completing a goal. But this is a difficult way to express your anger and maybe even dangerous for yourself and others you may develop a hypertension, high blood pressure, and develop a strong case of depression. Unexpressed anger is where you may develop a passive aggressive behavior that is cynical and hostile to others. Where in case you put others down and become to feel better of yourself that way. This can damage your way to sustain any sort of a sexual relationship. This is anger in the a simple way of explanation, this will help you find an answer for the direction of managing anger.

The goal of anger management is to help calm us when we are in a rage of anger not to subdue our anger issues. First stage to dealing with our anger issues is to realize that it is our unfulfilled expectations, desires, traumatic, and enraging events that take place in our lives. Which in conclusion will really never make us happy so we must say what we feel and move on with our lives. The second is to use these four simple steps of dealing with our anger issues, which consist of identifying problems in your relationships, and childhood. Let's start with these two first. First start with your relationships and determine what really throws you off and upsets you. Then talk with the people so that they can compromise for your feelings and not only theirs so that you may come to terms with the most difficult of your so to call buttons. And this will really lower your bar of explosions. Second figure out what factor of your childhood denies you from showing your anger the correct way rather than showing the physical attack of your anger at a time of explosion. This is to relieve the tension built up over the years of not expressing or over expression of your anger. The third is to appropriate and lean to keep a dispute at a low level attack. To do this you must listen to their reason and they must also listen to your reason. In a relationship when one is anxious or depressed that is a sign of suppressed anger which may be a step to an end of that particular relationship. And the depression caused by this is unrealized by the person within the relationship. The fourth is

to close any wounds left from any devastating impacts from your life which may have helped fuel your anger. So if you do not finish with this closing of your wounds you will feel the anger and rage eating away at your soul. With these four steps you can learn to breathe correctly to help calm your anger and rage. So you should know reflect on your own anger and do what is fit to help you out.

In conclusion you should look at others with respect and also yourself to see what is fit for you. And know you have a little insight of how to control your own anger and how to prevent any explosion onto yourself. So look at yourself and not to others when you are angry. And I bid you adieu.