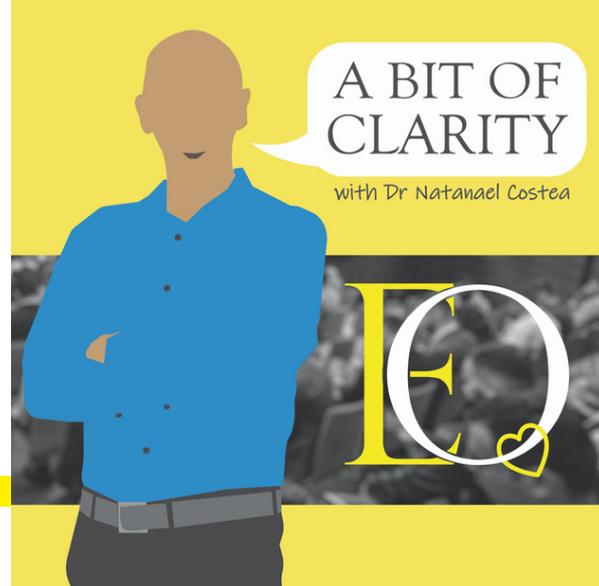


EP 050

ANGER MANAGEMENT



SHOW NOTES

OBJECTIVE

> Develop an understanding of anger management.

UNDERSTANDING ANGER MANAGEMENT

Anger management is the ability to control and regulate your anger in a way that you can express your emotions without hurting others or hijacking your life. Anger is **a normal and healthy emotion** and it helps people deal with problems, issues or challenges. Everyone gets angry, but letting it get **out of control is harmful**. When anger leads to aggression, outbursts or physical altercation it becomes problematic. **Unmanaged**, it can ruin your relationships, career, and health.

MANAGING ANGER

- 1. Identify triggers.** Without blaming others, think what ticked you off. What's inside you that gets upset?
- 2. Evaluate your anger.** Is it your friend, or your enemy? It may lead to courage, or to uncontrolled distress.
- 3. Step away.** Remove yourself from the epicentre. Count backwards from 100. Take a break and resume when calm.
- 4. Talk to a friend.** Don't vent. Speak about your issues and feelings in that situation, without blaming others.
- 5. Manage your thoughts.** Reframe the situation through gratitude. Change the channel. Focus on relaxing. Exercise.
- 6. Express your anger.** Once composed, journal or resolve the issues. Stick with 'I' statements.
- 7. Forgive.** Don't hold a grudge. It can repair and strengthen that relationship.

APPLICATION

> Start journaling your anger for one day, identifying the triggers, how you handled the situation and the lessons you learnt for next time.

RESOURCES

- > More from Dr Natanael Costea: www.eq.org.au
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