

Principles of Anger Management

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Anger is a feeling and aggression is a behavior. They are not the same and feeling angry does not translate into aggressive behavior.

Maintaining a task oriented posture towards a potential provocation assists in increased self control and control of the situation. It also results in behavior and attitudes that may deescalate the potential conflict.

Awareness of our own unique arousal pattern will increase the probability of anger moderation and regulation and in avoiding the effects of unmodulated anger.

Learn to use your own arousal cues as a signal to talk to yourself through a difficult situation.

Develop a feeling that you can be in control of the situation and of your anger.

Be aware of your tension and agitation in order to manage your anger.

Prepare for potential difficulties by breaking the conflict into steps. Use positive self- talk to remain in a task oriented position and to avoid impulsive and antagonistic behaviors.

As you practice and use these behaviors to manage and cope with anger, self esteem increases and the likelihood of using these techniques increases.