



Anger: The Beast Within

Statistics

- In the US, 1 in 5 women are raped
- Prison population is at an all-time high
- Rate of murder is higher compared to other countries
- There are 1.2 million cases of child abuse
- There are physical fights in 12–16% of all marriages

Effects of Anger

- Violence
 - Crime
 - Spouse/child abuse
 - Divorce
 - Poor physical health
 - Poor working conditions
 - Stormy relationships
 - Emotional disorders
- Some expressions of anger include...
- Aggression
 - Frustration
 - Suppression
 - Hostility

Types of Anger

- **Frustration**
 - The feeling we get when we don't get what we want, when something interferes with gaining a desired goal.
- **Anger**
 - Feeling mad in response to frustration
 - Revenge
 - An emotional-psychological-cognitive internal state
- **Aggression**
 - Action – attacking someone or a group
 - Intended to harm
 - Can be verbal insults, threats, sarcasm, attributing nasty motives
 - Physical punishment or restriction
 - Rage
 - May be cold and calculated
- **Hostility**
 - A chronic state of anger
 - Can be a permanent personality characteristic

Anger Management

- Self assessment/identification
- Name triggers
- Calming activities
- Relaxation methods
- Cognitive restructuring
- Problem solving humor
- Better communication
- Change the environment
- Assertiveness training



Spectrum of Anger

Suppressed Anger

- Hold it in, stop thinking about it, channel it
- Convert to more constructive behavior

Unexpressed Anger

- Creates other problems
- Pathological expression such as
 - Getting back at people indirectly
 - Constant put downs, criticizing everything and making cynical comments
 - Impacts relationships

Being Calm

- Controlling inside and outward behavior
- Taking steps to lower heart rate, calm self down and let the feelings subside

Data adapted from "Anger: The Beast Within", a webinar originally held on 8/6/2020. Presented by Sen. Adelaide Eckardt.



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