Introduction to Anger Management

Anger: a strong feeling of annoyance, displeasure, or hostility
Aggression: hostile or violent behavior or attitudes toward another

Feelings of anger are a normal and healthy part of being human. Learning to avoid all anger would be an impossible goal. Instead, in anger management, you will learn to avoid negative reactions to anger (such as aggression), while learning new healthy habits.

The first step in anger management is to begin learning about your own anger. To start, you will learn about triggers (the things that set you off), how you respond to anger, and how anger has affected your life.

List three situations, topics, or people that often leads to you feeling angry: (ex. arguing with your partner about money, dealing with authority, poor drivers)

What do you *do* when you're angry? List ways in which you act differently when angry: (ex. shouting, arguing, throwing or breaking objects, become physically aggressive)

Have you ever run into problems because of your anger? If so, list them: (ex. damaged relationships, reprimanded at work, public altercations)

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