

If you realize that your anger is out of control and it hurts you or other people around, you may think to get professional psychological help. By doing this;

- you can learn how to manage your anger
- you can change your anger response from negative to positive.



If you believe that you can benefit from getting professional psychological help, get an appointment at EMU-PDRAM.

**Eastern Mediterranean University
Psychological Counseling Guidance and Research Center
(EMU-PDRAM)**



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ANGER

Handle your anger before it handles you!

Anger is NORMAL!

Rethink



Relax

Do *NOT* Allow Your Anger to Control You

“What is Anger?”

- The dictionary meaning of anger is; “a fairly strong emotional reaction which accompanies a variety of situations such as being physically restrained, being interfered with, having one’s possessions removed, being attacked or threatened, etc.”
- Anger is a completely normal and usually healthy emotion which can appear occasionally.
- Anger is an emotional cue that reminds us of what we like or dislike.

Is Anger an Emotion Found Only in Humans?

- No. Anger is not an emotion that only belongs to humans but it is also found in many kinds of animals.



We May Get Angry When;

- we feel offended
- we are provoked
- we are disappointed
- we are under stress
- we think that we are treated unjustly
- we can’t express ourselves.

Why Do People’s Expressions of Anger Differ?

• Genetic Factors

There is evidence that some children are born irritable, touchy, and easily angered, and that these signs are present from a very early age.

• Sociocultural Factors

Anger is often regarded as a negative attitude; we’re taught that it’s all right to express anxiety, depression, or other emotions but not to express anger. As a result we don’t learn how to handle or channel it.

What Kind of Strategies Keep Anger at Bay?

- **Relaxation:** When we feel angry simple relaxation tools, such as deep breathing and relaxing imagery can help you calm down your angry feelings.
- **Cognitive Restructuring:** When you are angry, generally your thinking can get exaggerated and overly dramatic. Try replacing these thoughts with more rational ones.
- **Problem Solving:** When you get angry the best attitude is not to focus on finding the solution, but rather on how you handle and face the problem. Make a plan, and check your progress along the way. Resolve to give it your best, but also try not to punish yourself if an answer doesn’t work right away.
- **Better Communication:** When people get angry they usually say the first thing that comes into their mind, and they also tend to jump to conclusions. The first thing to do if you are in a heated discussion is to slow down and think through your response. At the same time listen carefully to what the other person is saying and take your time before answering.
- **Changing Your Environment:** Sometimes it’s your immediate surroundings that give you cause for irritation and fury. When this happens, give yourself a break, and make sure you have some “personal time” scheduled for times of the day that you know you are particularly stressful.