

# Anger Management

Anger is a natural human emotion. Anger is nature's way of empowering us to "ward off" our perception of an attack or threat to our well being. Anger is an emotion that can help set limits and boundaries in relationships. Anger can be a tool to help identify needs and wants. The problem is not anger; the problem is acting on the anger. Loss of control with your anger and rage is the major cause of conflict in our relationships.

Research has also found that family background plays a role. Typically, people who are easily angered come from families that are disruptive, chaotic, and not skilled at emotional communications.

Domestic abuse, road rage, workplace violence, divorce, and addiction are just a few examples that trigger anger and rage to progress.

Some common anger issues involve situations like Divorce, Angry Parents, Police or Authority Positions, Workplace and Anger/Addiction.

Signs and Symptoms of when Anger may be a problem:

- Repeatedly say and do things that we don't really mean

- Feelings of Shame and Guilt

- Isolation

- Outburst of insults

- cynical and hostile behaviors

- Verbal abuse

- Physical abuse

- Compulsive Behaviors

- Passive-aggressive behavior

A French psychoanalyst, Jacques Lacan, taught that aggression results as a psychological defense against threats of fragmentation.[1] That is, as infants, we are just a jumble of diverse biological processes over which we have no authority, and our first task in life is to develop a coherent identity which "pulls together" this fragmented confusion. This identity may give the appearance of a unified personality, but it really is just a psychological illusion that hides our essential human vulnerability and weakness. And so, when anything or anyone threatens us with the truth of our essential fragmentation, the quickest, easiest, and most common defense available "to hide the truth of our weakness and to give the illusion that we possess some sort of power" is aggression.

Simply put, this means changing the way you think. Angry people tend to curse, swear, or speak in highly colorful terms that reflect their inner thoughts. When you're angry, your thinking can get much exaggerated and overly dramatic. Try replacing these thoughts with more rational ones.

If you feel that your anger is really out of control, if it is having an impact on your relationships and on important parts of your life, you might consider counseling to learn how to handle it better. AAR Counseling Services trained Therapists can work with you in developing a range of techniques for changing your thinking and your behavior.