ANGER

Anger is a completely normal human emotion. It is a heightened state of emotional arousal normally occurring in response to some sense of frustration, hurt or disappointment. Frustration occurs when we don’t get something that we want eg a good grade, a supportive comment or when we get something negative that we don’t want eg a critical comment, a flat tyre.

The degree of anger we experience in response to these events may range from mild annoyance to rage depending on many factors including:

- Our current emotional state
- The context of the event
- History of events or
- Our cognitive interpretation of the event.

Memories of traumatic or enraging events may also trigger angry feelings.

Symptoms:

- A sense of rising bodily tension including an increase in heart rate and blood pressure and certain hormones
- An increase in volume and rate of speech (shouting)
- Passive-aggressive behaviour (getting back at people indirectly)
- Continual criticising or being cynical or sarcastic
- Physical or verbal abuse

What Can Help:

- Relaxation
- Deep breathing, calming visual imagery
- Non-strenuous exercise like yoga, tai-chi etc
- Slow down, take time to think
- Challenging negative thinking
- Using logic to examine the situation rationally
- Expressing your feelings in an assertive not aggressive way
- Try not to fight back if criticised
- Try to find a solution to the problem
- Use a humorous response to defuse the situation

Other Sources of Help and Information:

- Talk to a counsellor at Counselling Services
- Some community agencies such as Lifeline, Relationships Australia and Kinections often run anger management groups
- A useful internet site is at: www.apa.org/pubinfo/anger.html

QUT Counselling Services offers professional assistance with this and other issues
Kelvin Grove 3138 3488  Gardens Point 3138 2383  Caboolture 5316 7400

Disclaimer: References to other sources are provided as an information service only and should not necessarily be construed as an endorsement of them or the information contained within them. This information is provided on the basis that all persons accessing it undertake responsibility for assessing the relevance and accuracy of its content (eg by speaking with Counselling Services professionals).