

FACT SHEET

Anger Management

Anger is a real emotion, not a character flaw. It often signals hurt, frustration, threat, unfairness, or unmet needs. The goal is not to never feel angry; it is to respond to anger without harming yourself or others.



clear, practical, supportive

WHAT IT CAN LOOK LIKE

- Racing thoughts, tension, heat, clenched jaw, or urge to act quickly
- Snapping, yelling, swearing, shutting down, or withdrawing
- Holding grudges, replaying arguments, or feeling on edge for hours
- Conflict at home, work, or in everyday interactions
- Using alcohol or other habits to numb or discharge the feeling

WHAT CAN CONTRIBUTE

- Stress, exhaustion, pain, or feeling overloaded
- Feeling disrespected, blocked, criticised, or unheard
- Old hurts being triggered by present situations
- High expectations of yourself or others
- Poor sleep, substance use, or difficulty expressing vulnerable emotions

Why it matters

- Anger narrows thinking and can push the body toward action before judgment catches up.
- Unmanaged anger can damage trust, safety, and important relationships.
- Some people express anger outwardly; others turn it inward and become cold, distant, or harsh with themselves.
- Learning to slow the response creates more choice in how you act.

Helpful reminders

- Anger often sits on top of another emotion such as hurt, fear, shame, or disappointment.
- Taking space is helpful when it is used to regulate, not to avoid forever.
- Repair matters. Even good intentions do not undo repeated harmful behaviour.

PRACTICAL STRATEGIES

Choose the ideas that feel realistic for you. Small consistent changes usually work better than trying to change everything at once.

- Learn your early signs. Notice the body sensations and thoughts that show anger is rising before it peaks.
- Use a pause plan. Step away, breathe out slowly, drink water, and delay important conversations until you are steadier.
- Name the primary feeling underneath the anger when you can. This often changes the conversation.
- Challenge hot thoughts. Ask whether you are mind-reading, catastrophising, or assuming intent.
- Use clear assertive language rather than explosive language. Focus on what happened, what impact it had, and what you need now.
- Move the energy safely. Walking, exercise, or a physical reset can help when your body feels revved up.
- Reflect afterwards. What was the trigger, what did you need, and what would you like to do differently next time?
- Seek professional support if anger is affecting relationships, work, safety, or legal risk.
- Track what makes the problem better or worse. A short note in your phone or diary can reveal patterns you can actually use.
- Aim for steady progress, not perfection. Review what helped this week and keep the plan realistic enough to repeat.



TRY THIS TODAY

Start with one small, achievable step.

- Choose a phrase you will use when you need a pause, such as “I need ten minutes to settle so we can talk properly.”
- Track one anger episode this week from trigger to response.
- Practice one calmer alternative response before you need it in real life.

WHEN TO GET EXTRA SUPPORT

- Anger is affecting relationships, work, parenting, or safety.
- You are afraid of what might happen when anger peaks.
- Aggression, property damage, or unsafe behaviour is occurring.
- You want help understanding triggers and changing the pattern.