

**HERE ARE SOME IDEAS TO HELP YOU BETTER CONTROL ANGER. TRY THEM. FIND THE ONES THAT WORK BEST FOR YOU.**

Recognize that you have the power to control your emotions.

Controlling your emotions is a skill. Practice and you'll get better.

Being kind is far better than scaring people with anger.



Realize that hurting others won't make your life better, make people like you, or help you get what you want.

Tell yourself to relax; breathe deeply and slowly.



Don't say or do the first thing that comes to your mind. Count to ten. can help you get into the habit of thinking about ways to respond and people's reactions before you speak or act.

Consider leaving the situation. Doing so may be better than saying or doing something you'll regret.



Think about situations that often bring on your anger. Plan ways to deal with these situations ahead of time.

Explain yourself calmly. Be positive and sensitive to other peoples' feelings. Doing so will make it easier for others to understand you.

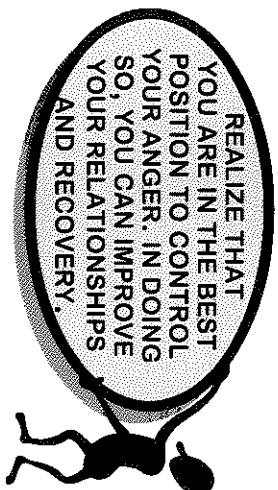
Develop new and constructive ways to deal with anger.

For example, go running, play a video game, scream into a pillow, write in your journal, or hit baseballs.



Give yourself credit when you control your anger and express your feelings in positive ways.

Talk to a trusted friend, family member, or counselor about other ways to cope with and express your feelings.



**National Resource Center for traumatic brain injury**  
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# Effective Anger Management

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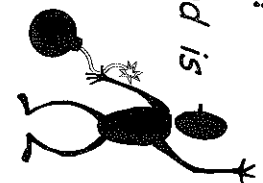
GUIDE # 4

**National Resource Center for traumatic brain injury**  
*Tools for therapy, education, self-help, and support*

AFTER INJURY, MANY SURVIVORS HAVE DIFFICULTY CONTROLLING THEIR EMOTIONS. CONCERNS ABOUT ANGER CONTROL ARE VERY COMMON. ANGER TAKES MANY FORMS, AND THERE ARE MANY WORDS IN OUR LANGUAGE TO DESCRIBE ANGER.

## Could people say these things about you?

• He has a short fuse and is easily annoyed.



• She is down right hostile.

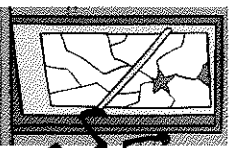


• He's always threatening to hurt someone.



• Being around him is like walking on egg shells.

• Even little things bother her.



• He broke two sets of dishes and kicked a hole in the door.

• He blows up all the time - insulting people, yelling, and cursing.



## RESEARCH HELPS EXPLAIN WHY DIFFICULTY CONTROLLING ANGER IS SUCH A COMMON PROBLEM -

Controlling emotions is an important job for the brain. The injured brain is less able to control emotions.



Brain injury brings on many problems and increases sensitivity to stress.

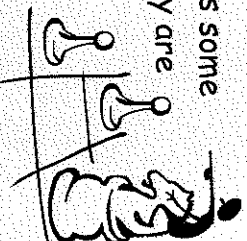


Anger is a sign of desperation. Many survivors feel overwhelmed by having many problems and few solutions.

Anger and frustration are common reactions to being dependent on others and restricted from driving, working, or going out.

Many survivors feel that their ideas, feelings, and opinions don't matter to others.

Showing anger helps some people feel like they are more in control of their lives.



Many survivors are upset and frustrated by changes in their abilities and skills.

## WHAT ARE THE PRIMARY DANGERS OF ANGER?

Anger can ...

- 👉 cause you to hurt yourself or others
- 👉 make people avoid you and be afraid of you
- 👉 contribute to your depression, loneliness, and isolation
- 👉 add to your list of problems

## Can you name other dangers?

THE FIRST STEP TO CONTROLLING ANGER IS RECOGNIZING THE EARLY SIGNS. WHAT ARE THE EARLY WARNING SIGNS FOR YOU?

- 👉 muscles tensing; clenching your jaw or your fists; tightening your shoulders
- 👉 feeling flushed, noticing your heart beating fast
- 👉 being easily upset or irritated
- 👉 impatience, with yourself or others
- 👉 overreacting to "little" things
- 👉 feeling guilty about things you've said or done
- 👉 blaming others for your problems
- 👉 taking things personally; feeling that others are out to get you
- 👉 cursing or criticizing others