

Introduction to Anger Management

Definition of Anger

Anger is an *emotion* of displeasure, irritation, or fury. Aggression, however, is *behavior* that is intended to cause damage or injury.

List some things that make you angry:

How do you express your anger?

When Does Anger Become a Problem?

Anger may be a problem if you are angry more often than not, is felt too intensely, or expressed harmfully or inappropriately. Anger may affect you mentally, emotionally, and physically.

List some ways that anger may be negatively affecting you:

1.

2.

3.

Benefits and Consequences of Expressing Anger

Expressing anger can also have some payoffs, such as feeling relieved, but often has negative long-term consequences.

List the benefits and consequences of the ways you express your anger:

1.

2.

3.
