Most importantly, if anger is putting you in an unmanageable state or interfering with your schoolwork, social and/or work life, seek help. Seeking help is NOT a sign of weakness, it is a sign of STRENGTH.

Please Contact Us
COUNSELING SERVICES
McKay 181 (across from the cafeteria)
Phone: (808) 675-3518
E-mail: byuhcounseling@gmail.com
Website: http://counseling.byuh.edu/

Confidential and individualized services are provided to students, and their dependents, free of charge.

Anger Management
ANGER…MANAGE IT OR IT WILL MANAGE YOU.

Anger that is not resolved or dissolved, or inappropriate levels of anger can lead to depression, a higher incident of various types of accidents, broken relationships, and can also be a major contributing factor to heart attacks and strokes in mid and later life. Keeping these thoughts in mind, consider the following thoughts and ideas to both better understand anger and to use it more app-1. Anger is often a function of frustration. Spend some time thinking about what you're really frustrated about and what actions you might be able to take to handle those frustrations. Remember that, ultimately, you are responsible for your own anger. While situations may contribute to your anger, someone else doesn't make you angry; at some point you must accept responsibility for choosing anger over other emotions.

2. Responses to anger do not have to be hostile or hurtful. In reality, anger is a way of protecting yourself. Spend some time thinking about what you really want to achieve in situations where you feel anger.

3. Consider to what extent your anger response is learned. Who did you learn it from? In what situations did it work for you in the past, but may not work for you in the present?

4. If you are prone to anger, rehearse appropriate and healthy responses that may be more beneficial to your situation.

“I plead with you to control your tempers, to put a smile upon your faces, which will erase anger; speak out with words of love and peace, appreciation, and respect. If you will do this, your lives will be without regret. Your marriages and family relationships will be preserved. You will be much happier. You will do greater good. You will feel a sense of peace that will be wonderful.”

Pres. Gordon B. Hinckley
HOW DO YOU KNOW WHEN YOU'RE ANGRY?

When people become angry they can experience many different thoughts, feelings, and physical reactions. Some people experience strong feelings of resentment or hostility, raise their voice, curse, or throw things. Other people experience physical symptoms such as headaches, nausea, and increases in heart rate and blood pressure. For some, angry feelings become so overwhelming they feel ready to explode. Others may not know they are angry about a situation but will feel physically ill, guilty, or will overreact to other situations.

WHEN IS ANGER A PROBLEM?

Sometimes, angry feelings can become overwhelming and can be difficult to handle. Below are some questions to ask yourself in order to determine if you are having difficulty managing your anger.

- When you become angry, do you ever feel out of control?
- When you become angry, have you ever said or done anything you regretted later?
- While angry, have you ever physically attacked someone (i.e., grabbed, shoved, slapped, or punched)?
- Has an angry reaction to a situation ever cost you a relationship or a job?
- Do feelings of anger often make it difficult to concentrate on work or school?
- Have you ever been arrested or faced legal difficulties as a result of your anger?

If you checked one or more of these questions, then you may have difficulty managing anger. If you answered checked most or all of these questions, then you may have a serious anger management problem. This brochure is intended to help those with mild to moderate difficulty managing their anger. Those with more serious anger management problems are strongly encouraged to seek out a counselor to help regulate intense anger.

Try this technique:

Anger Log
1. **Anger Event**
   What was the situation? What did you get angry about?

2. **Anger Level**
   On a scale from 1-10 were you mad, angry or raging?

3. **Physical and Behavioral Cues**
   What sensations or actions preceded your anger?

4. **“I feel…” statements.**
   What were your underlying feelings (hurt, sadness, fear, frustration, etc)?

5. **Self Talk**
   What can you say to yourself to bring this particular level down?

6. **Behavioral Response**
   How did the situation actually end? Did you take a time out, etc?

7. **Prevention**
   If a situation like this happened in the future, how would you handle it?