

About Anger Management.

When thinking about anger management, it is worth taking a closer look at anger and aggression in order to gain a deeper understanding of the emotions and strive toward applying anger management solutions.

Often, when someone feels frustration, they are liable to blow up when their emotions are aroused. However, frustration does not occur over night; rather, frustration occurs when underlying issues come to the surface. Therefore, frustration is a deep, unrelieved sense or state of lack of confidence and dissatisfaction, arising from unsettled grievances or and unsatisfied needs and desires.

Anger, then, is the feeling a person gets when he or she does not get their way, or when a series of issues, which had lain dormant, waiting for the time to flare up, eventually rise to the surface. Aggression is a forceful act or method employed to dominate another individual.

Aggression is an argumentative, harmful or destructive mode of behaviour, particularly when instigated by frustration. Aggression can be good if your life is in danger, but in most instances aggression just causes harm.

Assertiveness on the other hand is an effective form of communicating your feelings to another individual without causing injury, destruction or argument. Assertiveness is a strong, bold, confident quality we have within us that helps us to defend our rights when others are trying to deprive us of them.

If we learn the difference between aggression and assertiveness, we will be learning a good behavioural pattern, while at the same time, taking control of our lives and avoiding future problems.

If you are feeling frustration, you might want to sit down and go over your beliefs, opinions, theories, reasoning etc in your mind. . By reviewing the sources that make you angry, you can reduce the tension when you see anger brewing; you will then realise that it is not worth getting angry, since the causes of your frustrations are out of your control.