



ANGER Managing The Volcano Within

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Anger is usually a normal human emotion. However, it can be one of the most insidious forms of violence when it gets out of control. It can also lead to problems at work, in personal relationships and in the overall quality of life. Uncontrolled anger takes control of the mind and places one at the mercy of an unpredictable and powerful emotion. Expressing angry feelings in an assertive manner is the healthiest way. To achieve this, one must learn what one's needs are and how to meet them without hurting others. Being assertive literally means being respectful of yourself and others. Anger Management is a learned behaviour. The objective is to reduce both the emotional triggers as well as the physiological arousal that anger causes. We cannot avoid the things or people or situations which enrage us. Nor can we change them. But what we can do, is to learn how to effectively control our own reactions to them.

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