

What is Anger?

Anger is an impulsive reaction to fear of not having control of an unexpected situation that you have not been able to rationally process.



In other words:

1. We all want things to go the way we want, with ourselves in control of the outcome.
2. When we feel we have lost that control, it scares us.
3. Before we have a chance to think about what has happened, we react with anger rather than dealing with the fear and other feelings associated with the situation.

Where is My Anger Coming From?

When you rationally process a situation that makes you angry, you will find other feelings at the root of the anger, in addition to fear of not having control.

When you are able to accept that you did not have control over what happened and things did not go the way you planned, you will be more likely to accept what you are really feeling -- hurt, frustrated, disappointed, rejected, sad, anxious, guilty, etc. -- and you will be able to deal with the situation in a more productive way.

What Can I Do About My Anger?

When you feel that control is out of your hands, STOP. Recognize that you are angry because you felt you didn't have control and that scared you. Think about what you really felt that led to the anger.

If you have a history of not feeling control, there are probably many reasons and it will be more difficult to complete this process. Seek out an adult you trust to help you recognize what influences your feelings.