



**Ipseity**  
COUNSELING

THE 5 ESSENTIALS OF

# ANGER MANAGEMENT

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THE 5 THINGS YOU NEED TO KNOW  
TO CONTROL YOUR ANGER

**WRITTEN BY**

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# THE 5 ESSENTIALS OF ANGER MANAGEMENT

## UNDERSTANDING YOUR ANGER



Does your anger feel out of control? Perhaps you've tried things to change it but you just can't seem to fix the problem. You're not alone!

As a counselor I've spent years helping people that struggle with their anger.

Over time I've found there are a few basic things that everyone needs to know in order to manage their anger.

I wrote The 5 Essentials of Anger Management to help you understand what you need to know to change your anger.

This guide has been written after spending hundreds of hours of studying anger, and working with real people.

If you've struggled to control your anger, this short guide is written for you!

If you put these things into action in your life it can make a big impact on your anger!



## THE 5 ESSENTIALS OF ANGER MANAGEMENT

### # 1 - TAKE RESPONSIBILITY FOR ANGER

*No one can "make you" feel angry*

Over the years of being an [anger management counselor in Denver](#) I've found there's one thing that determines a person's success in anger management. It has nothing to do with a person's personality, gender, or income.

The thing that will determine your success in controlling anger is your ability to take responsibility for your own thoughts, feelings, and emotions.

You might be wondering why this is one of the 5 essentials of anger management. Why does responsibility matter so much? Because ***no one can make you feel angry!*** Perhaps you've used phrases like this before: "they *make me* so mad when they do that!"

Ask yourself this question: "can anyone force me to feel a certain way?"

The problem with thinking this way is that you're giving everyone else the power to control how you feel. Your spouse, your kids, your co-workers, or a stranger on the road have the power to determine if you feel angry.

You're giving other people a lot of control over your life!

Anger management is about empowering you to have control of your own thoughts, emotions, and body.

To be successful with your anger it's important that you recognize how you've been giving away your power to other people.

Now let's take a look at the specific parts of anger and how you can begin to take back control of your anger!

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## THE 5 ESSENTIALS OF ANGER MANAGEMENT

### # 2 - ANGER AND YOUR EMOTIONS

#### *Anger is not a bad emotion*

Anger is a very normal emotion. In fact anger is one of your basic human emotions. The reason most people struggle with anger is because they don't understand this emotion and how it works.

During anger management the very first thing I tell people is that "the goal of anger management is not to eliminate your anger, the goal is to change your relationship with anger. "

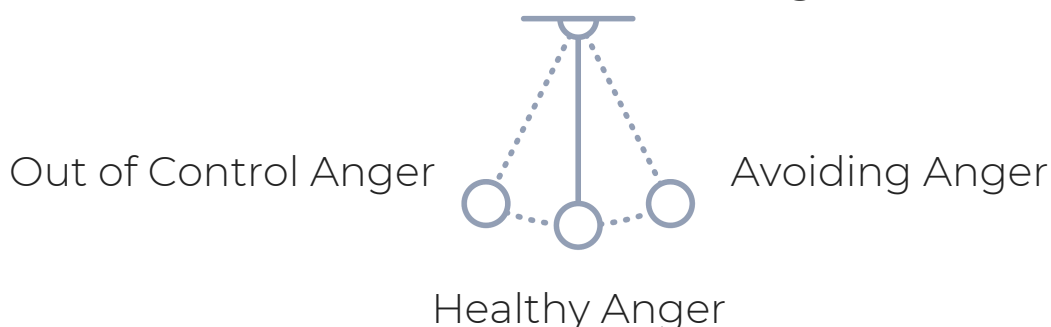
It's important to recognize that **anger is not a bad emotion**. If you think of anger as a negative emotion you'll tend to avoid it, fear it, or ignore it. This is where anger can become a problem.

Anger can be a destructive emotion when it's occurring too often, or if it's too intense when it comes out. To take back control of this emotion you need to express appropriate anger in the right situations.

Think of the emotion of anger as a pendulum that swings back and forth. On one side you avoid anger, on the other side your anger is too intense.

Your goal is not to ignore your anger or to let it feel uncontrollable. The goal is to **let healthy anger exist** in between these two extremes.

#### The Pendulum of Anger



## THE 5 ESSENTIALS OF ANGER MANAGEMENT

### # 3 - ANGER AND YOUR BODY

*Calming your body can calm your anger*

One of the ways you experience anger is through your body. When you get angry you might notice your heart is pounding, your muscles get tense, or your face gets warm.

There's a strong connection between your body, your mind, and your emotions. Paying attention to your body, and regulating your body is an important way to change your anger.

***One of the most effective ways to reduce anger is to calm your body.***

You can decrease the anger you feel by practicing a technique called a body scan. This will teach you to recognize anger in your body and how to reduce the physical symptoms of anger.

Practice this technique once a day when you're not upset. This way you can use this skill in the moments when you are angry.

### Body Scan Technique

- 1) Sit in a comfortable position. Place your feet on the ground. Put your hands on your lap or the arms of your chair with your palms upward.
  - 2) Take a slow breath in through your nose. Hold your breath for a moment, and exhale slowly through your mouth.
  - 3) Take 5 slow deep breaths.
  - 4) Gently close your eyes and scan your body from head to toe.
  - 5) Slowly go muscle by muscle noticing where you feel tension in your body.
  - 6) When you notice some tension take a slow breath and practice releasing the tension in that part of your body.
  - 7) Notice how your body changes afterwards.
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## THE 5 ESSENTIALS OF ANGER MANAGEMENT

### # 4 - ANGER AND YOUR MIND

*The way you think affects how you feel*

The third skill you need to develop is how to control your thoughts. Your anger is triggered by the way you think. **What happens to you doesn't make you angry, it's how you think about a situation that makes you angry.**

This skill will definitely take some practice! Your thinking patterns have developed from years of practice. They won't change over night.

Many people that struggle with anger have developed "unhelpful thinking patterns." These thinking styles will often lead you to feel angry.

### Thinking Styles That Lead To Anger

- 1) **Black & White Thinking:** You tend to think that everything is black and white. Things need to be a certain way. There's no middle ground.
  - 2) **Mind Reading:** You assume that you know what someone else is thinking, or what they really meant to say.
  - 3) **Labeling:** You label someone a certain way that leads you to feel angry towards them. "She's such a jerk" or "He's a (Republican/Democrat) so he's an idiot."
  - 4) **"Should"ing or "Must"ing:** You get angry at yourself because you "should not" have acted that way. You're angry at someone else because they "should have" known something.
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## THE 5 ESSENTIALS OF ANGER MANAGEMENT

### # 5 - THE STAGES OF ANGER

*Anger is not an "on or off" emotion*

You're beginning to understand the important connection between your thoughts, your emotions, and your body when you're angry.

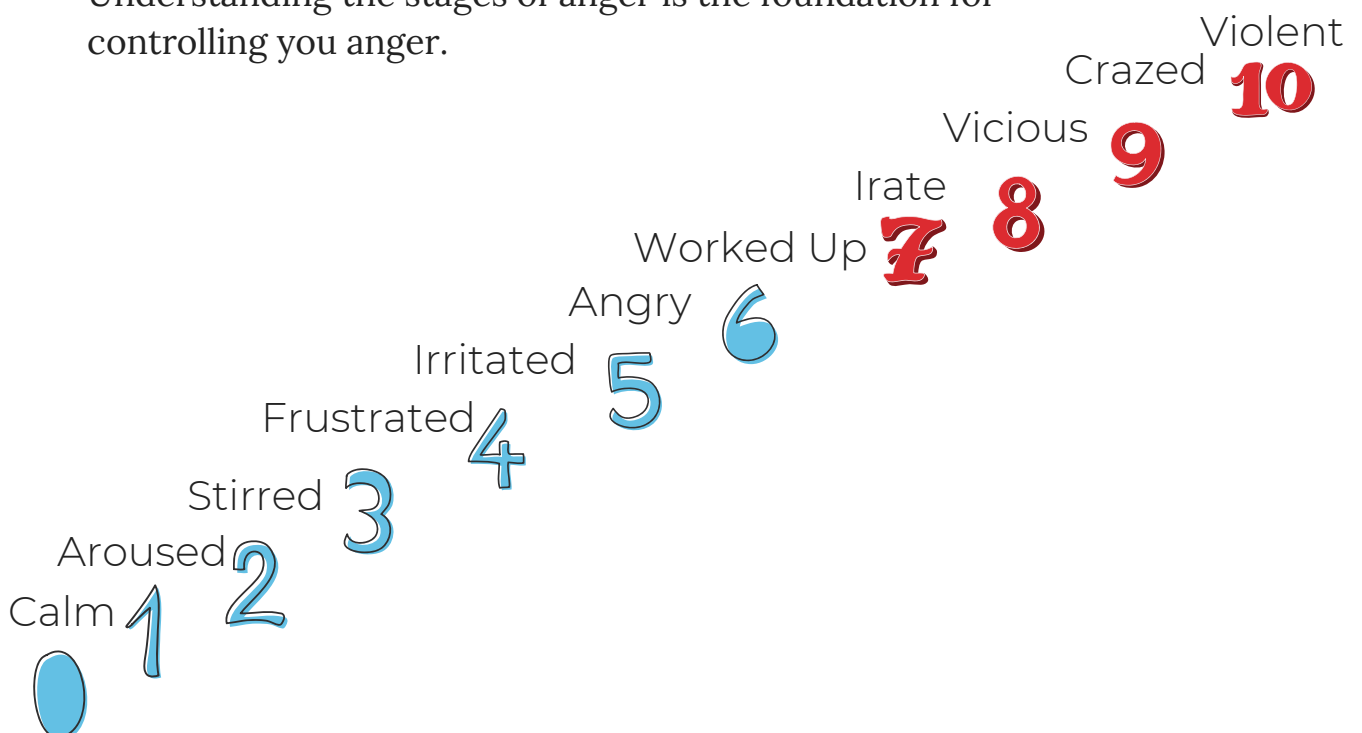
Here's how these 3 important parts work together

**Anger is not an on or off emotion.** It's helpful to think of anger as being on a spectrum from 0-10. As your anger gets higher it feels more intense and it's harder to control.

Think about how the emotion of anger changes at each level. How does your body feel different at a level 3 and at a level 7?

How do your thoughts change at each level of anger?

Understanding the stages of anger is the foundation for controlling your anger.



# THE 5 ESSENTIALS OF ANGER MANAGEMENT

***Anger doesn't have to feel out of your control.*** If you put these 5 essentials of anger management into use you'll see a significant change in the way anger impacts your life.

Take some time to practice these 5 essentials:

- 1) Don't let other people control how you feel.
- 2) Understand how your emotions and anger work.
- 3) Understand how your body affects your anger.
- 4) Understand how your thoughts affect your anger.
- 5) Learn the stages of anger.

These are the foundation of good anger management. Once you've mastered the basics you can begin to address the other important parts of your anger.

The second component of good anger management is healing from the things that are causing your anger. Often times we call these your anger triggers.

Remember that change takes some time and practice. It is possible to change the way your anger is affecting your life, but you will have to practice these new skills.

Be kind to yourself as you're growing. Think of this as a life growth process. Your anger is an emotion you will experience for the rest of your life!

Continue to develop these principles and you will see changes!

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# ABOUT THE AUTHOR

## CODY MITTS

I hope that this short guide on the 5 Essentials of Anger Management was a helpful resource.

As a [therapist in Denver](#) I help people that are struggling to find the enjoyment they desire in life.

Unexpectedly I ended up helping people that were struggling with their anger and discovered that I enjoyed this type of work!

My work as a therapist focuses on the 3 important topics we explored in this guide on anger.

The connection between the body, mind, and emotions.

I believe that therapy should be holistic. It's important to look at the whole person. Feel free to [get in touch with me](#) if I can help you move forward in life!



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