

Introduction to Anger Management



Anger: a strong feeling of annoyance, displeasure, or hostility

Aggression: hostile or violent behavior or attitudes toward another

Feelings of anger are a normal and healthy part of being human. Learning to avoid all anger would be an impossible goal. Instead, in anger management, you will learn to avoid negative reactions to anger (such as aggression), while learning new healthy habits.

The first step in anger management is to begin learning about your own anger. To start, you will learn about triggers (the things that set you off), how you respond to anger, and how anger has affected your life.

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Have you ever run into problems because of your anger? If so, list them:

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