

ANGER MANAGEMENT:

*What are the sources of Adolescent Anger?
What are Steps to Improving*



SOURCES:

Anger is an emotion that everyone must deal with. It is highly unlikely anyone will go through life without experiencing some form of anger. The trick is to make sure it does not become overwhelming! Understanding the causes of anger can help when taking steps to deal with anger.

So let us look at the sources of anger.



1.) Inadequacy in Family Life

A.) *Little contact with your family or if you feel you do not get enough direction from your family members, especially parents!*

B.) *Exposure to Violence at home*

C.) *Expectations or attitudes at home that encourage violence*

1.) **Neighborhood:** *Neighborhoods that have a high rate of crime are most prone. However, if you have nothing to do in your neighborhood this could also be a source of anger. In other words, when people say I did nothing yesterday and mean it!*

2.) **School and Peers:** *Problems in this area can lead to a great deal of stress. Many times, these new relationships are not monitored by an adult and can lead to violent confrontations.*

- 3.) **Alcohol, illicit drugs and firearms:** *How is this a source of anger? Well everyone needs an escape from stress. The combination of these factors can lead to irrationality. Let's face it. Someone with a firearm who has been drinking or using drugs is not a formula for a healthy environment.*
- 4.) **Adolescence-Adulthood Transition:** *It is a stressful time trying to understand what you want to do with your life and who you want to be.*

<http://www.colorado.edu/cspv/publications/papers/CSPV-008.html>



How to Cope with these Pressures

- ➤ **Listen to Music-***Put your headphones on and dance with some anger-inspired energy. Dance in your room where no one will see you. If that does not sound appealing play some music.*
- ➤ **Write it Down-** *any form of poetry or journal will work. All that matters is that you get your feelings on paper.*
- ➤ **Draw it or scribble it-** *if you do not feel like writing a bunch of words then draw or sketch your angry feelings.*
- ➤ **Play a sport or work out-** *Physical activity is a great way to work the anger right out of you.*

- ➤ **Meditate**-*If you do not think this is for you then try some breathing exercises. Focusing on your breathing and having to think about how you are breathing can help in controlling your anger.*
- ➤ **Talk to someone**- *other feelings may be the root of your anger. The only way to find out is to get your feelings out in the open.*
- ➤ **Distract yourself**-*Force yourself to think about something else.*

http://www.kidshealth.org/teen/question/emotions/deal_with_anger.html



One more simple strategy:

- □ **RELAX**-*Remember anger is an emotion everyone deals with.*
- □ **THINK**-*What is going to be accomplished by getting angry with this person or situation? Will it help anything?*
- □ **COMMUNICATE**-*If you are talking there are two things you are not doing: yelling and hitting*
- □ **TRY TO LAUGH**-*Forcing yourself to laugh may just convince yourself that you are not that angry after all.*
- □ **CHANGE YOUR ENVIRONMENT**-*If something or someone is bothering you-get away! You are too good to let something get to you.*

^[1] <http://www.apa.org/pubinfo/anger.html>

ONE LAST THING:



ANGER IS NATURAL



VIOLENCE IS NOT