

ANGER MANAGEMENT

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ANGER MANAGEMENT

- **Anger** is an emotion. It is ok to be angry.
- **Aggression** is acting out inappropriately and is not ok. Learn to check your aggression and express your anger appropriately.

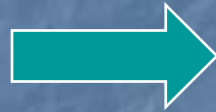
ANGER MANAGEMENT

- Skills needed in dealing with your anger



ANGER MANAGEMENT

- Identify a range of feelings including anger:



- Embarrassment ارتباك
- Excitement تهيج
- Disappointment خيبة امل
- Jealousy حسد، غيرة حماس،
- Fear
- Helpless
- Sadness

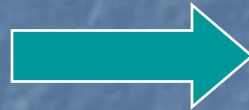
ANGER MANAGEMENT

- **You are in charge of your own feelings:**
 1. you own your feelings.
 2. It is okay to feel angry.
 3. Anger is part of being human.
 4. you learn how to express your anger in helpful ways.



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- Identify aggressive acts shown by self and others:



- Throw something
- Kick someone or something
- Get in someone's face
- Shoving يدفع, grabbing يمسك
- hitting
- Break something
- Give someone a dirty look
- Silent treatment
- Get others to "gang up" تحزب
- Spread rumors اشاعات

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- you choose to **feel good about yourself** through expressing your feelings.
- 1. express angry feelings in ways that are fair to others and you.
- 2. use fair words



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- **The more you learn to take care of your anger the more powerful you become.**
 1. you need to control what you do with your anger.
 2. control how you let your anger out.
 3. practice cooling off.
 4. watch your thoughts.

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■ **Ways to Keep Cool:**

1. Get exercise every day.
2. Eat right.
3. Get enough sleep.
4. Learn to relax.
5. Know your feelings.
6. Write about those feelings.

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■ Ways to Keep Cool:

7. Find a quiet place.
8. Take a time out . افض وقتك .
9. Find fun distractions . تلهية .
10. Make good decisions about what you see and hear.
11. Choose friends who make you feel good.
12. Learn to forgive ويعفو and forget.

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- Identify **potential consequences** of your anger to others and yourself...what can that mean for you?
- Physical harm to someone or self
- Destruction of property
- Loss of family/friends
- Loss of job
- Loss of social privileges
- Going to jail
- bad reputation **سمعة**



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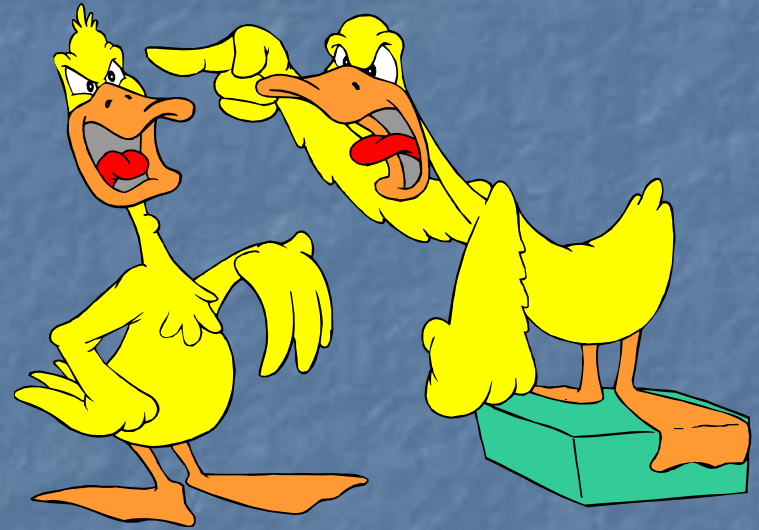
- Identify self-destructive behavior...How does that help or hurt you?



- Negative self-talk
- Blaming everyone else
- Overeating, drinking
- Driving recklessly
- Taking drugs
- Looking for fights
- Feeling out raged **غضبہ**
پثور

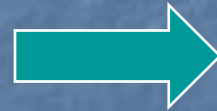
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- **stop blaming others and your self.**
 1. Blaming only keeps people upset.
 2. Blaming is a way of not respecting people.



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- Identify thoughts prior to aggressive acts:



- You did that on purpose.....
- You wanted to hurt me...
- You deserve *تستاهل* this...
- You never even asked me...
- You're being unreasonable...
- You think you're so good...
- You started it...
- There's no justice...

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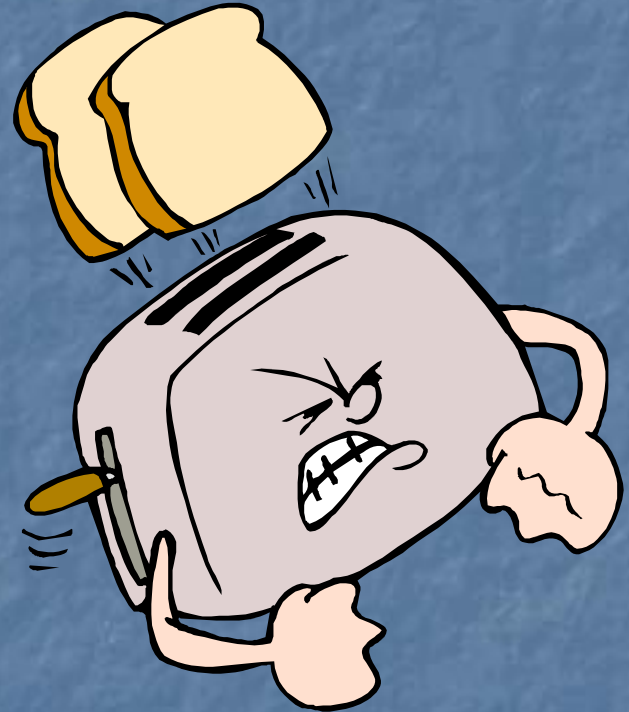
- Identify internal cues to feelings of anger:



- Stomach gets tight/upset
- Heart is beating faster
- Clenching fists قبضة
- Pressure on temples صدغ
- Sweaty palms
- Clenched jaw

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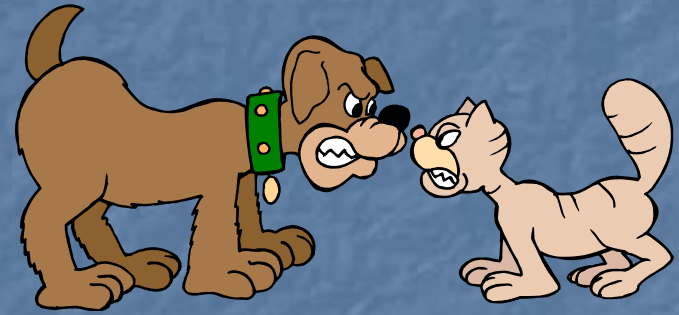
- **you don't have to hold on to your anger.**
 1. find ways to let it go
 2. talk about hurt and angry feelings.
 3. look for someone to discuss your anger.
 4. discuss your words and actions that hurt others.



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■ Steps to taming **يروض** anger

1. Know what pushes your buttons **ازرار**.
2. Know your body's anger signs.
3. Stop and think!
4. Cage your rage **احبس غضبك** ...it's your choice.
5. Decide what to do.



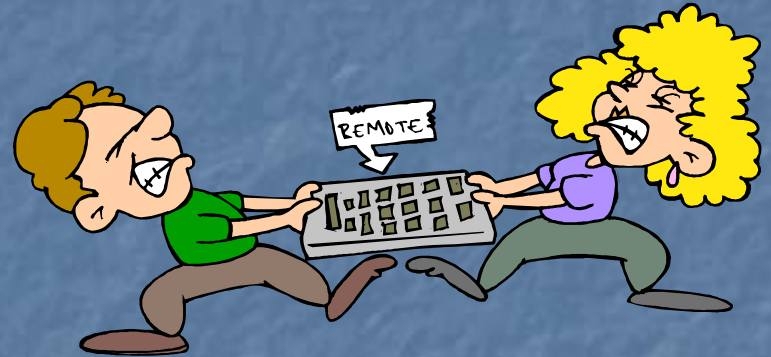
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- **you take power.**
 1. stand up for yourself and others being hurt.
 2. learn to defeat **يحبط** negative self-talk.
 3. feel good about learning about yourself.
 4. You are strong when you use fair words instead of firm fists **قبضتين**.



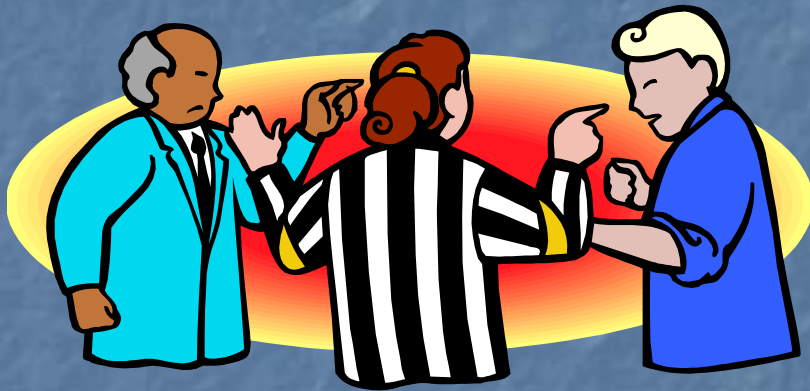
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- remember that people are precious **ثمين**
- To avoid losing people:
 1. watch your thoughts, words, and actions.
 2. stop hurting people with your words and actions.
 3. take ownership **مالك** of the hurtful things you do and say.
 4. "Bullying" **الشقاوة** hurts everyone.



ANGER MANAGEMENT

resolving conflict



- Calm down
- Show mutual respect
- Name the problem
- Find solutions
- Choose the best solution
- Congratulate yourself
- Review the solution that was picked يلتقط

Thanks
For
Listening