



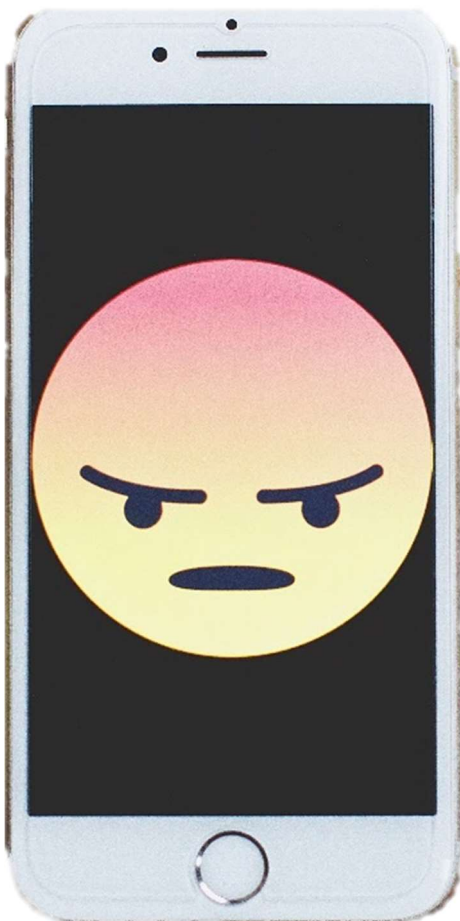
### **Anger Response**

We all experience anger; the difficulty is not the anger itself, as it is a normal emotion that we feel, and a natural response to experiences or situations. The difficulty comes in our response to our anger.

There are two main responses to anger - try to get away, or confront it. This is called 'fight or flight'.



Q: How do you normally respond when you get angry?



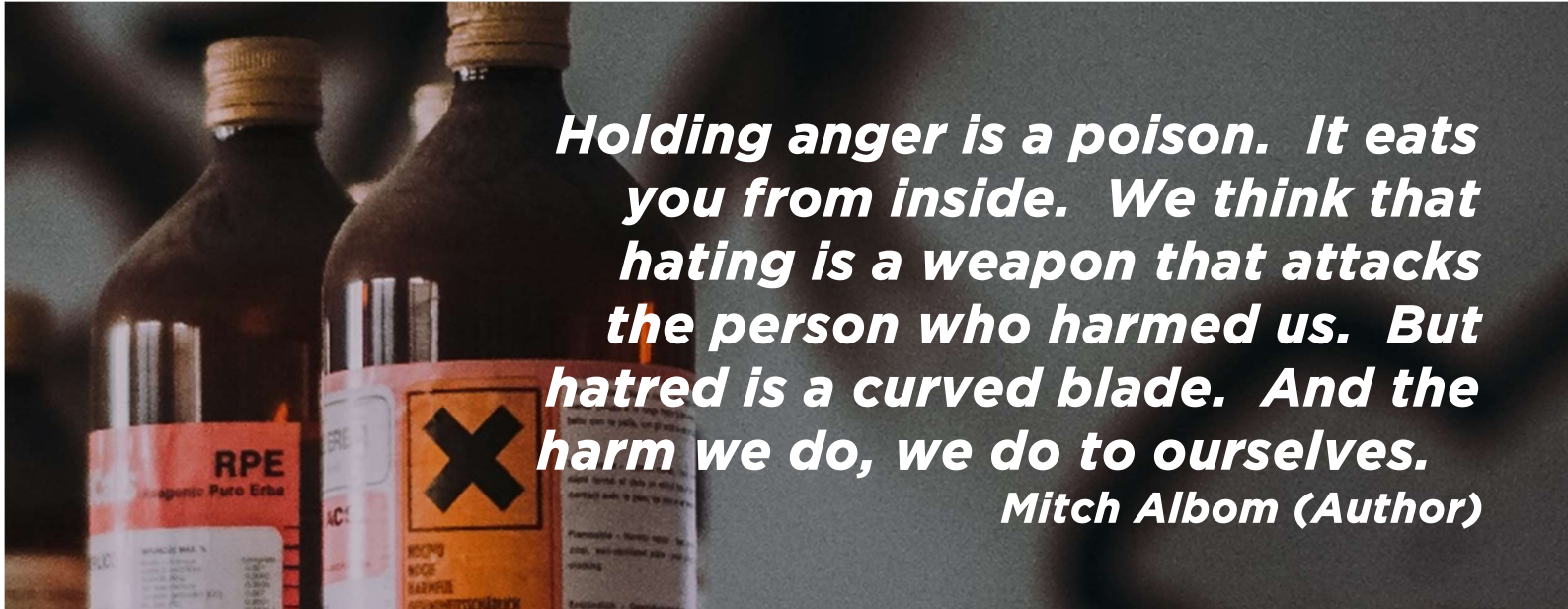
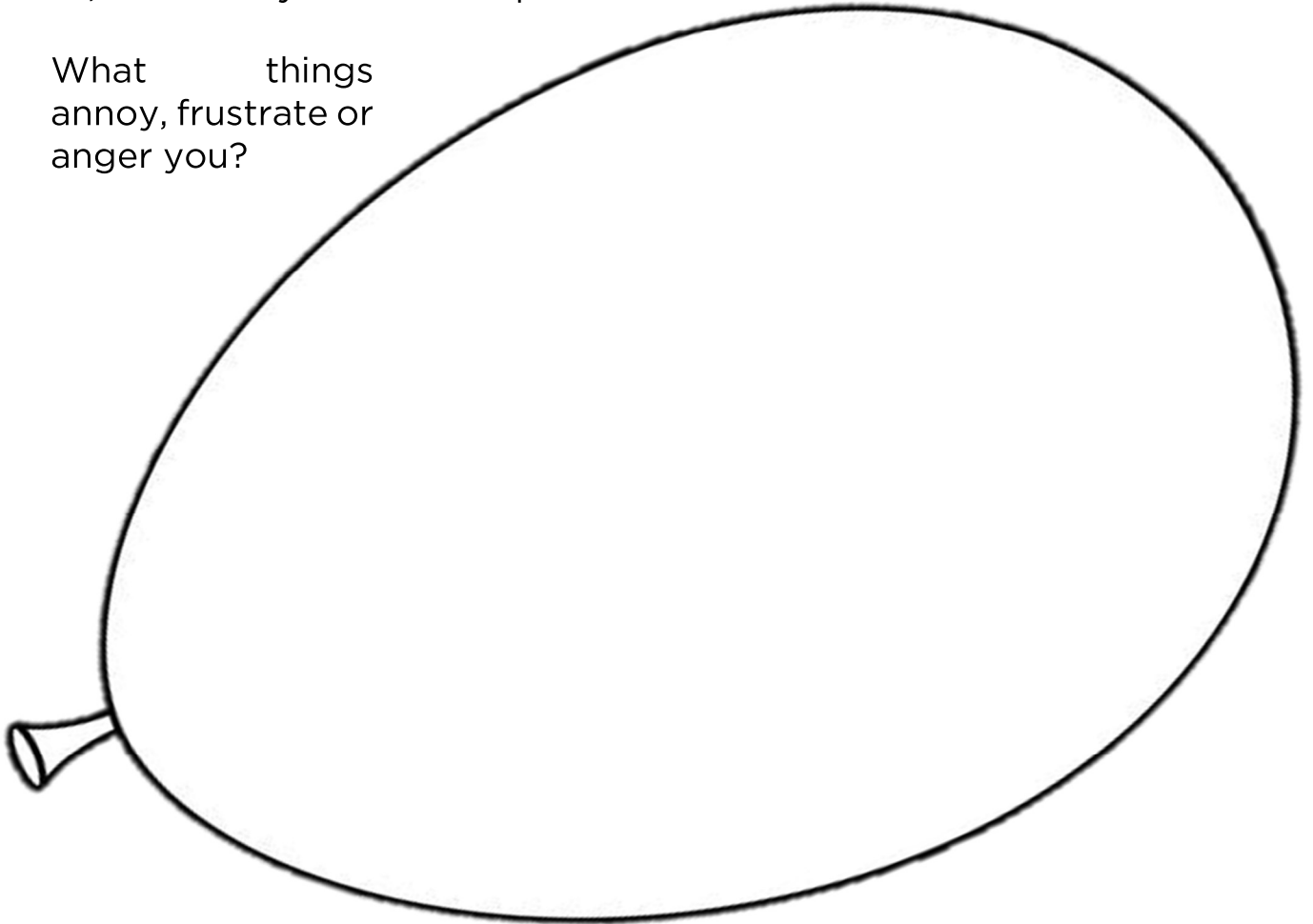
***Don't get so angry that you sin.  
The Bible: Ephesians, Chapter 4 verse 26***



### **Causes of Anger**

An angry reaction is not always a result of the most recent event or situation; there is a wider context. It is like an iceberg; what is seen on the surface, is a fraction of what is beneath the water. The event or situation that caused an angry reaction is only a small part of the emotions going on below the surface, which may have built up over time.

Q: What things annoy, frustrate or anger you?



***Holding anger is a poison. It eats you from inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves.***  
***Mitch Albom (Author)***



### **Reflection**



**Q:** Reflecting on your own experiences of getting angry; what are the indicators that help you to identify when you are losing control?

Reducing the pressure and stress we experience, increases your capacity to control emotions and reactions. Below are some strategies that can help to reduce the stress and pressure.

**Q:** Which strategies have you tried; have they helped?

- |                     |                           |
|---------------------|---------------------------|
| Walk away           | Count to 10               |
| Go for a walk       | Talk to a friend          |
| Breathe slowly      | Tense and relax your body |
| Punch a pillow      | Rip a newspaper           |
| Crush ice in a sink | Draw or colour a picture  |
| Listen to music     | Take a warm shower        |
| Exercise            | Talk to an adult          |
| Seek advice         |                           |

***Don't let the sun  
go down while  
you are still  
angry.***

***The Bible: Ephesians, Chapter 4 verse 26***