

Anger Management

The Five-Step Approach to Managing Anger

1. **Recognize** the signs and symptoms of anger. Anger is a natural emotion, but it can become a problem when it is not managed properly. Recognize the signs and symptoms of anger, such as a racing heart, a flushed face, and a clenched jaw. These signs and symptoms are your body's way of telling you that you are angry.

2. **Identify** the source of your anger. Anger is often caused by a specific event or situation. Identify the source of your anger, such as a disagreement with a friend or a traffic jam. This will help you to understand why you are angry and how to manage it.

3. **Take** a timeout. When you are angry, it is important to take a timeout. This means stepping away from the situation for a few minutes. This will help you to calm down and think more clearly. You can use this time to practice deep breathing or other relaxation techniques.

4. **Express** your anger. It is important to express your anger in a healthy way. This means talking to the person who caused your anger and letting them know how you feel. You can use "I" statements to express your feelings, such as "I feel angry because..."

5. **Resolve** the problem. Once you have expressed your anger, it is important to resolve the problem. This means finding a solution that works for everyone involved. You can use negotiation and compromise to reach a resolution.

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| 10. Anger | 11. Frustration |
| 12. Irritation | 13. Annoyance |
| 14. Rage | 15. Fury |
| 16. Wrath | 17. Enrage |
| 18. Outrage | 19. Indignation |
| 20. Vexation | 21. Chafe |
| 22. Resentment | 23. Bitterness |
| 24. Hostility | 25. Animosity |
| 26. Hatred | 27. Enmity |
| 28. Malice | 29. Malignity |
| 30. Vindictiveness | 31. Retaliation |
| 32. Revenge | 33. Payback |
| 34. Nemesis | 35. Adversity |
| 36. Conflict | 37. Dispute |
| 38. Controversy | 39. Debate |
| 40. Disagreement | 41. Dissension |
| 42. Discord | 43. Discordance |
| 44. Dissensus | 45. Dissidence |
| 46. Dissidence | 47. Dissidence |
| 48. Dissidence | 49. Dissidence |
| 50. Dissidence | 51. Dissidence |



Think

1. How do you feel when you are angry?
2. What is the source of your anger?
3. How do you express your anger?
4. How do you resolve the problem?
5. How do you manage your anger?

Essay: Remember to use the new words you have been learning.

Write an essay about anger for different people. Use the words you have learned. Write about how anger affects different people and how they manage it. Use the words you have learned in your essay.