

## **THE FOUNDATIONS OF EFFECTIVE ANGER MANAGEMENT**

**IN ORDER TO REALLY LEARN TO HANDLE OUR ANGER MORE EFFECTIVELY,  
WE NEED TO BELIEVE THAT:**

- 1) Anger is a normal natural human emotion**
- 2) Anger is very different from cynicism, hostility, withdrawal, abuse, and violence**
- 3) How we express anger is learned, primarily from the important people in our childhood**
- 4) Both men and women receive strong cultural messages about how to experience and express anger**
- 5) We need to be honest with ourselves about our anger and how it affects us and others**
- 6) Our anger (and our other feelings) are our responsibility**
- 7) How we express our anger is ALWAYS a choice**
- 8) Acting out or ventilating anger is NOT helpful in effectively discharging it**
- 9) We often lapse into destructive patterns and “dances” of expressing anger with those around us**
- 10) Handling anger poorly creates significant consequences in many areas of our lives**
- 11) Handling anger effectively promotes self-esteem, self-confidence, self-respect, and the potential for trust and intimacy in relationships**
- 12) We can, in fact, change how we experience and express the anger that we feel**
- 13) Changing what we do with disrespectful anger is an ongoing and lifelong process**