

What are some Anger Management Techniques?

Having trouble controlling anger is a major issue in many individual's lives. Addressing this issue can be difficult if the person is unwilling to admit to their problem and seek help. It is imperative that people be supportive and encouraging to those with anger issues. At times it may seem impossible since these people can be hurtful and even violent. Helping them to realize they need help would be the initial step to controlling their anger.

Once an individual is willing to work on their anger problem and turn to anger management, there are anger management techniques which will be taught to help them. There are many techniques which are beneficial regarding anger management. It might be necessary for the individual to try them all in order to find anger management techniques that work best for them.

One technique recommended for anger management is relaxation. Angry feelings and emotions can be calmed by relaxing exercises such as deep breathing, relaxing imagery and slow nonstrenuous exercise similar to yoga. When a person becomes irritated and headed for a fit of anger, it is suggested they breathe deeply. This technique recommends that the person breathe from their diaphragm in order to relax. Using relaxing imagery may work for some people. Allowing their mind and thoughts to go to a happy place, a relaxing experience may help to calm them down. This imagery may be of a past experience or the individual could use their imagination. The yoga-like exercises used as an anger management technique are meant to relax the muscles which in turn will help the individual feel much calmer.

Problem solving is used as an anger management technique. It is important for an individual to discover the reason for their anger. Anger is a natural response to certain situations and at times it is an acceptable reaction but there are other incidents when the anger is not appropriate. There is a reason for the anger and to every problem there is said to be a solution. When a situation arises, the individual is taught not to focus on the solution but rather the problem. Finding ways to handle the problem and confront it is the main objective in this anger management technique. It may take awhile to conform to this plan. It is important to stick to it, eventually the answers will come.

People with anger issues are taught through anger management techniques to practice better communication skills. Often a fit of anger arises because an individual misunderstood a conversation. Before giving it any thought, they become enraged and filled with anger. Anger management teaches the individual to slow down their thinking, think before they speak or react. The easily angered person needs to listen to the underlying message and try not to jump to

conclusions. When feeling on the defensive side, the individual should learn not to fight back. Listening rationally to what the other person has to say might make a huge difference in a reaction.

These are just a few anger management techniques. There are many others which may be helpful to an individual requiring help. There are many books, movies and website on the Internet which can provide information regarding anger management techniques.