

Anger Management!!!

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Healthy Anger

- Anger is healthy when controlled
- Good that has come from anger

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- Women's right to vote
- Civil rights
- Self defense



Causes of anger

- Anger is a secondary emotion
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 - Depression
 - Fear
 - Protecting self from being emotionally hurt
- Is there anger in the home life when growing up?
 -
- Are there secondary gains for anger?



Anger and Logic

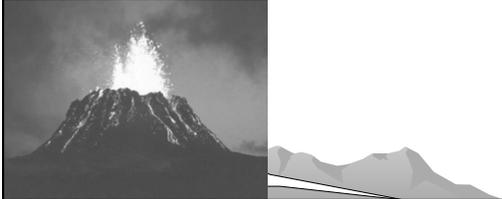
- The angrier you get, the dumber you get!

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How Many Volcanoes?

- Have measure your anger in volcanoes.
- Keep a daily log of the volcanoes and triggers.
- Make it a maximum of 100 volcanoes.



Stopping Anger

- Stop anger before it is a 100
- Intervene when anger is a 20
- Indicators of anger
 -
 -
 -



Ask Yourself...

- Will it matter next week, next month, next year?
- What right do I have that is being violated?
- Visualize getting along, walking away
 -
- Look at it as a test
- Positive self talk



Remember to...

- Keep palms open
 -
- Relax jaw and other muscles
- Change environment
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Practicing Anger

- It might feel better at the time, but these maintain anger:

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-
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-
-
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Focus on something positive

- Focus on something else
 - worse
- Don't think of a pink elephant



Anger Reducers

- Exercise
- Hobbies
- Learning Communication Skills
- Life Saver technique
- Journaling (most guys don't like this)



Assertiveness

- Angry people are not assertive!
- Assertiveness training is helpful
- Passive-----Assertive-----Aggressive
- Watch for shift to being passive.



Quick Quips

- If you allow others to make you angry, you are allowing them to control you. Do you really want others pulling your strings?
- Look at it as a test
- The only person responsible for your anger is you
- Imagine what the world would be like if everyone had anger like you
- Anger is energy. Are you going to use this energy for something productive or destructive?



Humor 😊

- Laugh!
- More importantly, laugh at yourself
- Keep a journal of absurdities
- Find the comedies in the tragedies



Give Yourself a Chance

- People will have anger relapses
- Did anyone get hurt?
- Did you do anything you regretted?
- How did you stop yourself?
- Was this time better than the usual anger outburst?
- What will be different next time?



You Can Manage Your Anger!

There is help!



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