

# Mental Health Matters

## Plain Talk about Anger



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Anger is a feeling like other feelings such as joy, sadness, irritability, and nervousness and as such needs to be expressed. However, we must let it out in a proper, healthy manner. When anger is expressed properly it is referred to as *assertiveness*. Nobody should get hurt when anger is expressed assertively. However, if anger is not expressed at all and channeled inward, it may lead to depression and self-destructive behavior.

There is a very thin line between anger and violence. Anger must be confined so it does not get out of control and become violent, cause destruction of property or objects, or hurt someone. We must learn how to handle anger appropriately.

Here are some points to consider when controlling and managing anger:

1. First, the person must admit that he or she has an anger control problem.
2. If the person is unable to control their anger, they must seek help immediately – before it's too late. They must be cooperative and open-minded about treatment.
3. There is no shame in admitting you have a bad temper which gets out of control at times. The problem comes when the person's pride does not allow them to admit they have a problem.

There are many ways to control and manage anger:

1. Individual psychotherapy is successful in helping the person learn ways to find out what problem(s) trigger their anger and teaches them how to deal with difficulties as they arise.
2. There are also support groups where individuals with the same problem meet and help one another by discussing different ways to control their anger.
3. Education may help some people to be less impulsive and calmer.

There is no treatment that will be successful if the person is not willing to admit they have a problem. The individual must be cooperative, sincere, and honest. There is no quick fix. They must recognize that we all have to learn to live with anger – it cannot be prevented. Anger should be controlled and confined or the consequences could be serious, or even fatal.

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