

FOUR FACTS ABOUT ANGER*

Fact #1: Anger is not the real problem or the main emotion. Anger is a symptom of a deeper problem. Anger stems either from hurt, fear, or frustration. For many people, frustration tops the list.

Fact #2: Expressing anger to another person does not decrease it. Usually an angry outburst increases the emotion and reinforces the tendency for future outbursts to occur.

Fact #3: You learn how you handle your anger. For better or worse. This also means you learn new ways of expressing and controlling your anger.

Fact #4: The other person is not responsible for making you angry. You are responsible!

*H. Norman Wright. *How to Get Along with Almost Anyone: A Complete Guide to Building Positive Relationships with Family, Friends, and Co-workers*. Word Publishing. Dallas, TX. 1989. (Pg.77).