



# Anger: The Beast Within

## Statistics

- In the US, 1 in 5 women are raped
- Prison population is at an all-time high
- Rate of murder is higher compared to other countries
- There are 1.2 million cases of child abuse
- There are physical fights in 12–16% of all marriages

## Effects of Anger

- |   |  |
|---|--|
| <ul style="list-style-type: none"><li>• Violence</li><li>• Crime</li><li>• Spouse/child abuse</li><li>• Divorce</li><li>• Poor physical health</li><li>• Poor working conditions</li><li>• Stormy relationships</li><li>• Emotional disorders</li></ul> | <p>Some expressions of anger include...</p> <ul style="list-style-type: none"><li>• Aggression</li><li>• Frustration</li><li>• Suppression</li><li>• Hostility</li></ul> |
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## Types of Anger

- **Frustration**
  - The feeling we get when we don't get what we want, when something interferes with gaining a desired goal.
- **Anger**
  - Feeling mad in response to frustration
  - Revenge
  - An emotional-psychological-cognitive internal state
- **Aggression**
  - Action – attacking someone or a group
  - Intended to harm
  - Can be verbal insults, threats, sarcasm, attributing nasty motives
  - Physical punishment or restriction
  - Rage
  - May be cold and calculated
- **Hostility**
  - A chronic state of anger
  - Can be a permanent personality characteristic

## Anger Management

- Self assessment/identification
- Name triggers
- Calming activities
- Relaxation methods
- Cognitive restructuring
- Problem solving humor
- Better communication
- Change the environment
- Assertiveness training



### Suppressed Anger

- Hold it in, stop thinking about it, channel it
- Convert to more constructive behavior

### Unexpressed Anger

- Creates other problems
- Pathological expression such as
  - Getting back at people indirectly
  - Constant put downs, criticizing everything and making cynical comments
  - Impacts relationships

### Being Calm

- Controlling inside and outward behavior
- Taking steps to lower heart rate, calm self down and let the feelings subside

Data adapted from "Anger: The Beast Within", a webinar originally held on 8/6/2020. Presented by Sen. Adelaide Eckardt.



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