### 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
- Violence
- Crime
- Spouse/child abuse
- Divorce
- Poor physical health
- Poor working conditions
- Stormy relationships
- Emotional disorders

Some expressions of anger include:
- Aggression
- Frustration
- Suppression
- Hostility

### 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