

ANGER

WHAT ARE ANGER ISSUES?

You may go through times in your life when you feel angry or have an angry outburst because something has gone wrong. This response is natural as anger is a basic human emotion. However, if you begin to feel like you are unable to manage or control your anger, or maybe you've been keeping feelings of anger inside that are now having an affect on other areas of your life, then it may be possible that your anger may be an issue.

I'm always seeing red.

WHEN IS ANGER A PROBLEM?

If you are experiencing anger issues you may find that you:

- Hit people when you become angry
- Shout abuse and make rude comments to people
- Feel like you are losing control during an angry episode
- Damage things when you become angry
- Have low self-esteem and self-worth
- Feel embarrassed and confused after an angry outburst
- Regret your behaviour
- Get upset about things that don't usually bother you

I feel like I keep losing control

CAUSES

Issues with anger can be caused by many things, including:

- Bottling up your emotions inside
- Childhood experiences
- Family or relationship problems
- Death of a loved one
- Unemployment


When I begin to feel angry, I just can't shake it off

WE CAN HELP YOU MANAGE YOUR ANGER

If you feel that your anger has become a problem and it feels out of control, you may feel that you need some help. When we feel out of control, it can be hard to get on top of things, especially if your feelings are intense and overwhelming. It is important to get help because too much anger can lead on to depression and anxiety, as well as affect lots of different areas of your life. Properly channelled anger can be an important and useful. Sometimes it can even be a creative emotion to help you express yourself. At Off the Record we can help you find ways to handle your anger, you can make the first step by giving us a call.

HOW DO YOU CONTACT US?

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TALK TO US

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