

Try to read some information if you have access to the internet. Go to:

<http://www.nmht.nhs.uk/pdf/Publications/InformationLeaflets/ControllingAnger.pdf>

and read the self help guide on controlling anger (you will need acrobat reader to read this).

If you read the information in this leaflet, and do the exercises suggested, you will have covered much of the information in the group.

This information will help you in the group, where you will have opportunities to practice the ideas in the guide.

Other books that may be of interest are:-

The Dance of Anger by Harriet Lerner (1989)

Managing Anger by Gael Lindenfield (2000)

(Both books published by Thorsons)

Overcoming Anger and Irritability by William Davies (2000) (Published by Robinson)



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Primary Care Trust

# MANAGING ANGER AND CONFLICT



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## **UNDERSTANDING ANGER**

Anger, a normal human emotion, can become problematic and cause personal and interpersonal distress. You may recognise the following characteristics:

- high levels of tension,
- impulsive behaviour,
- low tolerance to frustration and stress,
- low self esteem,
- high expectations of self and others,
- hold negative beliefs about self, others and events.

Anger may take the form of aggressive outbursts towards others and inanimate objects, but may also be turned inward on yourself leading to depression and /or self harm. However it can be a great motivator or a destructive force.

On successful completion of the course it will be expected that levels of anger will be reduced and there will be an increase in the use of successful coping strategies.

The following topics will be covered in the course:

- Consequences of anger and aggressive behaviour
- Initial coping strategies and anger release exercises
- The functions of anger
- Beliefs
- Causes of anger
- The importance of thoughts in anger control
- Common types of thinking error
- The physiological response
- High risk situations
- Lifestyle and goal setting
- Relapse prevention

People who wish to do this course need to be:

- Motivated to change and be committed to attending regularly.
- Have an ability to relate to others and have a degree of tolerance to others problems.

If you would like to attend the *Managing Anger and Conflict* course, please fill in the form below, tear it off and send it to the address on the front of the leaflet. We will then arrange an individual appointment to discuss the course further.

**Mr/Mrs/Miss/Ms (delete as applicable)**

**Name:** .....

**Address:**

.....

.....

.....

**Post code:** .....

**Tel No:** .....

**Mobile No:** .....

**Date:** .....