

Anger!¹

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There are 18 key fundamental issues for understanding and managing anger.

1. Anger is not the same thing as destructive behavior.
2. Anger is an emotional response to a perceived injustice.
3. Never argue with someone who is angry. (Why?)
4. Fear and anger are closely related. Fear motivates retreat from a threat. Anger motivates addressing a threat.
5. The healthy purpose of anger is to provide us with the energy to oppose true injustice. Anger shows we care and serves as a warning bell for others.
6. Anger can be reasonable or unreasonable.
7. Anger can be exhausting.
8. Anger can become destructive.
9. Anger can damage our relationships.
10. We can be emotionally highjacked by anger.
11. We should be in control of our *behavior*.
12. We all have different anger *set points*.
13. We all have different anger *action points*.
14. Anger requires self-discipline.
15. Emotions exist in layers.
16. Understanding anger means being aware of its source
17. We are in control of our behavior.
18. Anger management is risk management. Steps to effective anger management:

Recognize
Evaluate
Assess
Choose
Honor

¹ For more information, see the FireWorks course at <http://www.ksu.edu/wvparent/courses/fireworks/>