

OUR SERVICES

- Individual Counselling
- Couples Counselling
- Family Therapy
- Child Therapy
- Parent-Coaching
- Group Therapy
- Courses & Trainings

CONTACT US



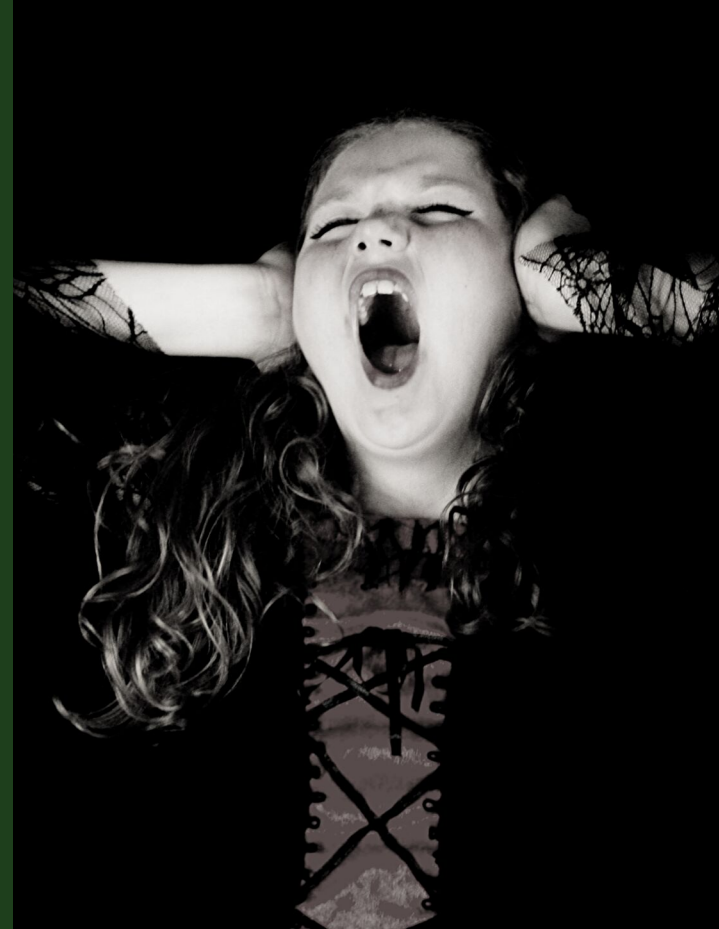
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www.familyenrichment.ca



ANGER



Family Enrichment
and Counselling
Service

WHAT IS ANGER?

Anger is sometimes called a "secondary" emotion because we often feel a more vulnerable emotion immediately before we feel anger.

Sometimes before we feel angry we might feel: embarrassed, stressed, rejected, hurt, frustrated, envious, or a full range of other emotions.

Anger can range from feeling mildly irritated to feeling enraged and out of control.

WHEN TO SEEK HELP:

Anger may be a problem if:

- How angry you feel often seems out of proportion to the situation
- Your anger is hurting your relationships with loved ones
- Your anger causes you to act violently towards yourself, someone else, or things in your environment

- Your anger is affecting your ability to do your job
- Even mild frustrations cause you to go "from zero to 100" and to do things you later regret
- Your anger is caused by something that happened a long time ago
- You often turn to alcohol or substance use to cope with your anger

MANAGING ANGER

- Acknowledge to yourself that you are feeling angry. Try to name the other emotions you may also be feeling (e.g., embarrassed, overwhelmed, hurt)
- Slow down your breathing by taking deeper breaths
- Excuse yourself from the situation that is making you angry, if possible
- Redirect your attention to something calming and relaxing
- Go for a run or a walk around the block.

HOW THERAPY CAN HELP

Therapy can help you:

- Learn effective strategies for managing your anger in the moment
- Learn strategies to reduce your overall level of stress so that you can better cope with frustrations
- Gain a greater understanding of how your anger may be affecting your own well-being and your relationships with loved ones
- Identify patterns in what situations make you angry, so you can better equip yourself to handle these when they arise
- Explore introspectively things that may have happened a long time ago that make you feel angry
- Learn effective strategies for supporting a loved one who has difficulty managing their anger