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Learn how to control your rage and take control of your life! Everybody has likely felt anger at one time or another. While particular individuals get angry more often than others and have regular, intense outbursts, others tend to bottle their feelings and then blow up or flare up without warning.

The Secrets Of Anger Management : PDF eBook

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Learn to respond to frustration and anger in a controlled, healthy way Explore underlying feelings, such as sadness or depression Anger management classes and counseling can be done individually, with your partner or other family members, or in a group.

Anger Management: 10 Tips to Tame Your Temper

It's true - anger can hurt you, not just the people you are angry with. That's why anger management is important. But it's not just anger management that you need to strive for. What's more important is to learn how to practice spiritual anger management. That's because whenever you get angry, your whole being is under attack.

7 Spiritual Anger Management Lessons - Tana Hoy

The purpose of Skill 3 anger management worksheet is similar to the previous worksheets in this series, but with a twist. ... It will be a free download in the form of a 5 page PDF document. ... Purpose of This Anger Management Worksheet Learning to control one's anger is not a trivial matter.

Anger Management Worksheets Archives - Steps for Change

Anger is a natural response to threats of violence, or to physical or verbal abuse. Annoyance You may react in anger to minor irritations and daily hassles. Disappointment Anger often results when expectations and desires aren't met. Resentment You may feel angry when you've been hurt, rejected or offended.

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