

# CAN PEOPLE CONTROL WHAT THEY FEEL? THE PROCESS OF ANGER MANAGEMENT

“Wherefore, my beloved brethren, let every man be swift to hear, slow to speak, slow to wrath: For the wrath of man worketh not the righteousness of God.” (James 1:19-20 KJV)



We can either choose to control our emotions, or let our emotions control us. No matter how powerful the emotion, we can overcome it. Though, anger is one of the more powerful emotions and requires greater skill in learning to master it.

# Why do people get angry?

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## The Flight or Fight Response

One of the reasons for anger is the body's reaction to a perceived threat. It is a protective instinct. It is a very natural reaction to feel anger when someone has wronged or mistreated us. The key is to control and use anger as a tool, instead of allowing it to control us.

If anger controls you, this can negatively impact your psychological wellness. Feeling anger frequently, feeling extreme anger, or suppressing anger can have negative health effects as well. Anger can affect more than just your health. It influences a person's ability to make decisions, emotionally bond, form relationships, and make and keep goals.



# What is anger management?

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## Taking Control of Your Emotions

Anger management can help you learn to gain self awareness into the way your body individually reacts to stressful situations or a perceived threat. Becoming self aware is important in anger management.

The process of anger management is learning how to control your emotions, instead of letting them control you. You can gain awareness into the way your body responds or reacts to perceived threat or harm by identifying your emotional reactions to severe or minor frustrations. In anger management classes, you will learn how to recognize triggers of anger and take the steps necessary to pass through stressful situations positively and calmly.