

# Do I need anger management classes?

When you think about your anger one of the first thoughts that is likely to come to mind is is this normal, or should I get some help controlling it. There is a simple method you can use to find out for yourself. You only need to answer a few questions like the ones that follow.

Is your anger out of control?

You would need to know if your anger is out of control. Answer these questions... How often do you get angry? Do you honestly feel as if you get angry too frequently?

You can also ask how intense is the anger? Does it last a long time, and do you have headaches along with it? If you have headaches, you can count on it that other parts of your body are affected as well.

Is your anger affecting your relationships?

Do you know for a fact that the people you like avoid you sometimes because of your anger? Do you have a lot of arguments with the people you want to have peace with? Are the people you love afraid of you?

Are your answers to these questions yes? Then get some help.

How long does it take you to calm down?

If you find that it takes a long time for you to calm down from your anger, you can use some help with managing your anger. There is help for this, and you can get it. And also know that lingering anger can hurt you in more than one way.

You need to make sure that the anger that lingers does not turn to rage, but is properly expressed and released.

How does your body feel when you get angry?

Granted, there will be certain amounts of tension and anxiousness that you will feel in your body when you are angry. The question is how much of these two things do you feel.

Just like how you can tell, or feel as if you have been angry for too long, you will know if there is a problem in your body because of anger.

I know a person that one day that I felt something go up both sides of his neck and into his head. He knew immediately that that was not supposed to happen. And he was right, as the very next time that he spoke to a medical professional he was informed that he was running the risk of blowing a blood vessel in his head from all of that angry pressure.

What do you think?

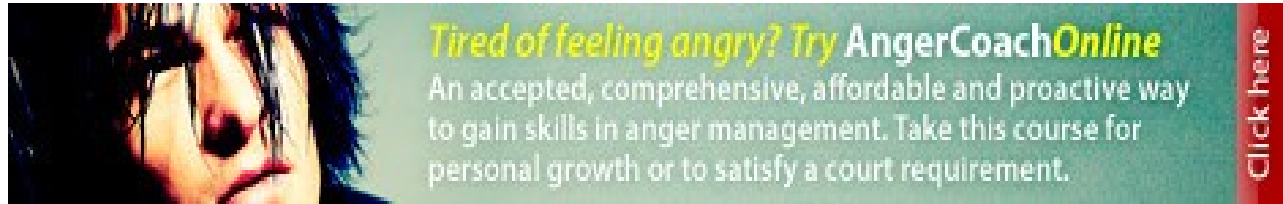
You can judge by the answer to some of these questions if you are needing an anger management class. In the e-book [Thousands of People Who Never Thought They Could NOW Control Their Anger...Here's How You Can Do It Too...](#) page 9 paragraph 3, I speak about the main determining factor that should help

you come to the right decision.

I will also talk some more about this in our next lesson.

**Get some help with managing your anger?**

If you decide that you want to get your anger under control more speedily, I suggest that you use one of the classes offered by one of these two anger management professional programs. You can expect that in 8 weeks of training, that you will be able to handle your anger 20% better than you can now.



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