

What is Anger...

Anger is a basic human emotion that often and repeatedly affects every person on the face of this planet.

As a basic human emotion it is meant that everybody gets mad. The reason for this is that life is filled with conflict. Somehow it appears that in many or even the majority of instances for one person to win another must lose.

Like the other emotions, anger is also contagious and spreads rapidly but unexplained from person to person. Anger is not the only emotion that acts this way, as happiness and sadness operate in a similar way.

Anger has varying levels of intensity. A person can be a little angry, or they can be totally outraged. The level of anger's intensity is also different from person to person. As an example, let's say that your neighbor pinches you, your brother and your sister. Even though the same pinch was given to everybody, all three of you are likely to respond with different levels of anger.

What I am saying is that anger is stronger in some people than it is in others.

However even though anger always calls for a response, the response is always under the control of the person who is angry. When you get mad, it is your choice about whether you forgive and forget, or you do not forgive and you do things to destroy the source of your anger.

So your response to anger is determined by you and the way you think about things.

There is another important consideration that you need to think about when it comes to anger. It comes in the form of a question. You need to ask yourself if your anger is justified, or if you are just being immature about what you are angry about.

Answering this question is not always something that you can do alone.

A funny thing about people is that we often have difficulties recognizing when we are wrong. And to be honest, your anger can be justified and someone who is a smooth talker can get you to believe that your anger is not right.

So if you get some help with managing your anger one of the things you will do is understand how to set and defend your boundaries so that you will know when your anger is good or bad.

When thinking about your response to anger, try to see if there are children

around and let them help you to keep things in control. Remember the effect that your anger will have on them. You will find this info 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 10 paragraph two and three.

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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