

WHEN ANGER TURNS TO VIOLENCE

Have you ever felt so angry you just wanted to punch a wall?

We've all felt angry at some point in our lives and that's perfectly normal. However, if you actually went for it and punched a hole in the wall, that's violent behaviour. Although it's human nature to feel angry sometimes, some people are more prone to "blow-ups" than the rest of us. If you have anger management problems, you may find the following information helpful to better understand your feelings and to help you control your anger.

TIPS TO MANAGE YOUR ANGER

- ⇒ Learn to recognize when you feel anger rising, before you explode.
- ⇒ Learn to avoid situations that will set you off.
- ⇒ ***When you feel the anger starting, try the following:***
 - ↳ Take a deep breath and concentrate on your breathing.
 - ↳ Tell yourself "Calm down, it's not worth it."
 - ↳ Calm yourself by imaging something peaceful.
 - ↳ Take a walk or other physical activity.

People who are quickly angered have low tolerance for frustration and get agitated easily when circumstances change. However there are many types of angry people. Some angry people don't get violent but are in a constant grumpy state, depressed and socially isolated. If you are having trouble controlling your anger and the tips above are not helping, you should find an anger management course and take it.

FORMS OF VIOLENCE

1. **Emotional Abuse** – Constantly criticizing or insulting other people, verbal insults and threatening to hurt others
2. **Sexual Abuse** – Forcing someone to do unwanted sexual acts, causing pain, both physically and emotionally
3. **Physical Abuse** – Assaulting another person by punching, kicking or using a weapon to cause physical harm

SIGNS OF ANGER THAT MAY LEAD TO VIOLENT BEHAVIOUR

Manage your anger by recognizing the signs:

- Muscle tension
- Accelerated heartbeat
- Tightness in your chest
- Trembling
- Flushed in the face
- Sweating
- Blood pressure rising
- Changes in your breathing
- Dizziness
- Clenching your fists or teeth

Signs to look for in someone else:

- Quick to explode
- Jekyll & Hyde character
- History of fighting
- Problem with authority
- Verbally abusing others
- Abusive to animals or children
- Hypersensitivity/easily provoked
- Threatening other people
- Disrespects others
- Alcohol or drug abuse
- Carrying or collecting weapon
- Enjoying watching violent movies or fights

WHAT IF SOMEONE YOU KNOW SHOWS DANGEROUS ANGER SIGNS?

- Don't spend time alone with the person.
- Try to remove the person from the anger-provoking situation before they get too angry.
- Talk to someone you trust and ask for help from a professional.
- If you are worried about being a victim, get protection from an authority figure.
- Keep your distance on a personal level so they don't try to bring you down or take it out on you.
- Take all threats seriously.

WHAT IS SELF-VIOLENCE?

Some people who have difficulty dealing with their feelings try to alter their mood by inflicting physical harm on themselves. This is not a good way to deal with stress or to let your feelings out. Self-injury can include cutting, burning, bruising and carving one's own body, and may lead to unintentional death or serious illness.

Warning Signs of Self-Violence

Talk about death or dying
Suicide ideas, plans or attempts
Physical signs: scars, burns etc.
Self-cutting, self-burning
Depression
Hopelessness

When you recognize the warning signs for self-injury know that you are not crazy and that there is help out there. There are other ways to alleviate your pain and there are people who can help you. Visit a counsellor to get help before the self-violence becomes a way of life.

CHECK THESE OUT:

<http://www.safeyouth.org/scripts/teens/anger.asp>

http://www.kidshealth.org/teen/question/emotions/deal_with_anger.html