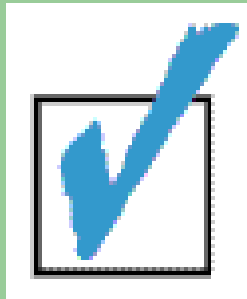


ANGER SYSTEM: Dealing with Your Anger in a Healthy Way

*Going for the 3 Increases: Increase in Health, Increase in Happiness
& Increase in Energy*

Strategies for
Success in Health
Management

By: James J. Messina, Ph.D.





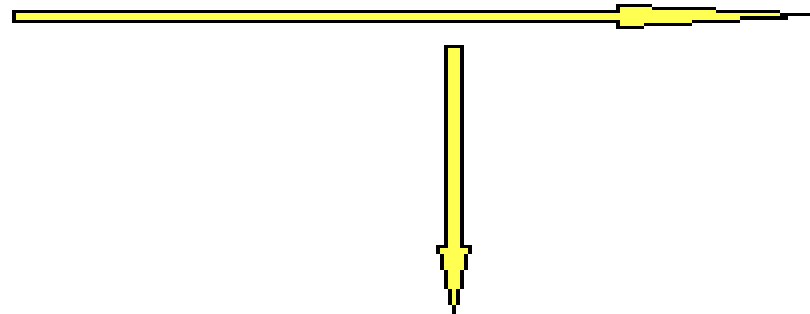
ANGER System

- ACCEPT
- NAME IT
- GET IT OUT
- ENERGIZE
- RELEASE

Stimulus
of
Anger
(person,
place, or
thing)

ANGER

Old Response
of
Anger Cycle:
Expression of anger
Guilt
Remorse
Anger in
Revenge
Imitation



Accept
Name
Get It Out
Energize
Resume



New Response:

Rational
Assertive
Realistic
Honest
Healthy
Confrontational

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graph TD; A[Expression of Anger Out] --> B[Guilt]; B --> C[Remorse]; C --> D[Feelings of Anger In]; D --> E[Resentment]; E --> F[Irritation]; F --> A;
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Expression of Anger Out

Guilt

Remorse

Feelings of Anger In

Resentment

Irritation



Accept you are angry

- Do not deny your anger
- Give up your denial & get in touch with your negative emotions
- Face your anger head on!



Name it

- Name the trigger of your anger which would lead you to revert to your old unhealthy habits to get rid of this feeling
- Figure out what is going on to get you so angry
- Try to name the unresolved old anger that this current trigger is bringing up for you



Get it out

Get it out of your system by:

- Yelling silently in your head about what is making you angry & why it leads to your desire to revert to your old unhealthy habits
- Screaming in your head at your object of anger
- Writing down in a journal what your angry at & then reading it over & over again until you are no longer angry about it



Energize

- After you aggressively ventilate & experience an emotional release of the anger
- You will energize yourself to feel calmer, more relaxed, less anxious, less tense & less stressed
- Which emotional release will make you relaxed enough to not revert back to your old unhealthy habits



Resume

- Once your anger is out & you are energized
- You can resume your involvement with the person or situation, which was stimulus for your anger
- You now will be able to deal with the person or situation in a calm, cool, rational manner & not need to revert to your old unhealthy habits to maintain your cool



ANGER Journal Entry

ACCEPT: What got you so angry that you revert to your old unhealthy habits to chill out:

NAME IT: Identify what was really getting you so upset and angry at the time:

GET IT OUT: rant & rave how upset you were with people, situations, or conditions, which were source of your anger:

EXERCISE: exercise your rights & identify what you could have done differently in situation in which you reverted to your old unhealthy habits:

RESUME: make a commitment to use ANGER System to rid self of anger so you do not revert to your old unhealthy habits to calm yourself.