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 Resentment
- Imitation

Accept
Name
Get It Out
Energize
Resume

New Response:
- Rational
- Assertive
- Realistic
- Honest
- Healthy
- Confrontational
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 you're 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

<table>
<thead>
<tr>
<th><strong>ACCEPT:</strong></th>
<th>What got you so angry that you revert to your old unhealthy habits to chill out:</th>
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<tbody>
<tr>
<td><strong>NAME IT:</strong></td>
<td>Identify what was really getting you so upset and angry at the time:</td>
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<tr>
<td><strong>GET IT OUT:</strong></td>
<td>rant &amp; rave how upset you were with people, situations, or conditions, which were source of your anger:</td>
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<tr>
<td><strong>EXERCISE:</strong></td>
<td>exercise your rights &amp; identify what you could have done differently in situation in which you reverted to your old unhealthy habits:</td>
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<td><strong>RESUME:</strong></td>
<td>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.</td>
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