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Addressing Anger

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“Suppressing anger is not a particularly healthy thing to do, but neither is acting it out... Find a middle path that allows you to deal with your emotions in a healthy way.”

Dr. Jon Kabat-Zinn

- Anger is a natural response to a real or imagined threat. A certain amount of anger is natural and healthy.
- Anger can get out of control and be destructive: creating problems with family and co-workers.
- Dr. Redford Williams, co-author of Anger Kills, asserts that people with high levels of cynicism, anger and aggression are at higher risk of developing life-threatening illness.
- Hostile people drive people away - the very people who could be providing stress-buffering, health-enhancing social support.
- Dr. Williams notes that hostile people are more prone to engage in

maladaptive coping behaviors: eating more, drinking more and smoking.

Let Go of Anger: Attitude and Skills

- Identify “Anger Triggers”
- “Because I feel angry, I don’t have to act out my anger”
- Meditate - Pray
- Restructure negative thought patterns
- Be assertive
- Develop compassion and empathy
- Journal thoughts and feelings
- Avoid reaction: Count to 100
- Forgive others and yourself
- Have someone you can talk to
- Ask: “Is it really that important?”
- Medication maybe helpful
- Counseling may help

Recommended Books

Anger Kills

By Redford Williams MD

Letting Go of Anger

By Matthew McKay