



Tishk
International University

Personal and organizational Psychology
2nd Lecture

Ismail Khalid Tofiq

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Anger Management

➤ {بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ}

((الَّذِينَ يُنْفِقُونَ فِي السَّرَّاءِ وَالضَّرَّاءِ وَالْكَاطِمِينَ الْغَيْظَ وَالْعَافِينَ عَنِ النَّاسِ ۗ وَاللَّهُ يُحِبُّ

الْمُحْسِنِينَ)) ال عمران (134)

➤ ما رُوي عن أبي ذر الغفاري -رضي الله عنه- أنَّ النبي -صلى الله عليه وسلم- قال:

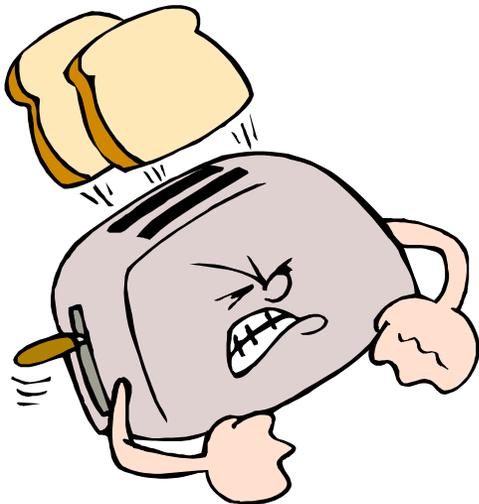
(إِذَا غَضِبَ أَحَدُكُمْ وَهُوَ قَائِمٌ فَلْيَجْلِسْ، فَإِنْ ذَهَبَ عَنْهُ الْغَضَبُ وَإِلَّا فَلْيَضْطَجِعْ)

Objectives:

1. Define Anger
2. What Causes Anger
3. Anger vs. Aggression
4. Physical symptoms of anger.
5. Anger Triggers and Anger style
6. Dealing with Anger effectively

What is Anger?

Anger is a basic human emotional response experienced by ALL PEOPLE!



Anger is typically triggered by a threat, perceived threat (real or imaginary), an injustice, hurt, or frustration when faced with an obstacle.

Anger vary
from person to
person and
from situation to
situation



Anger is a strong feeling of displeasure with someone or something, combined with an urge to fight back!

Anger is a normal feeling that we all experience!



Anger is
one of humanity's most basic emotion.



"You are going to feel how you feel and how you act is up to you"

Anger (Feeling) vs. Aggression (Action)

Know the difference between anger and aggression.

Aggression cause damage with words, fists, or weapons, but it is virtually always designed to punish.

Aggression is one negative way in which individuals express anger

Aggression is intended to threaten or injure the victim's security or self-esteem

"You can express your anger without being verbally or physically abusive."



**What are
something of the
things which
make you angry?**

TRIGGERS

What bugs you?

- Different things can make different people angry, but everyone feels angry sometimes.



Anger – Producing Situations

- Specific person (s) or Event
- Insults
- Stress and Worries
- Disappointment / Annoyance
- Fears, Resentment, Frustration
- Rejection / Hurt / Embarrassment
- Having possessions taken or broken
- Jealousy
- Being teased or talked about
- Low-Self Esteem
- Grief
- Home Life





Dealing with Anger

- If you know your anger triggers, then you can either:
 - 1. Try to avoid them
 - 2. Learn how to deal with them.
 - 3. Learn how to put your feelings into words, explore and name the emotions (hurt, confused, shame, etc.)

There are two issues:

**Controlling Anger
Reacting to Anger**



Poor handled Anger can cause many problems

Controlling Your Anger

- When your anger is triggered, you're going to react in some way. The way you react is called your ANGER STYLE.

Dumping

Acting
Out

Burying

Uncontrolled Anger (Out -of Control)

- Can trigger a large number of antisocial behaviors
- Can trigger Negative consequences
- Can hurt Physical Health

You can't always control the situation you're in or how it makes you feel, but you can control how you express your anger.

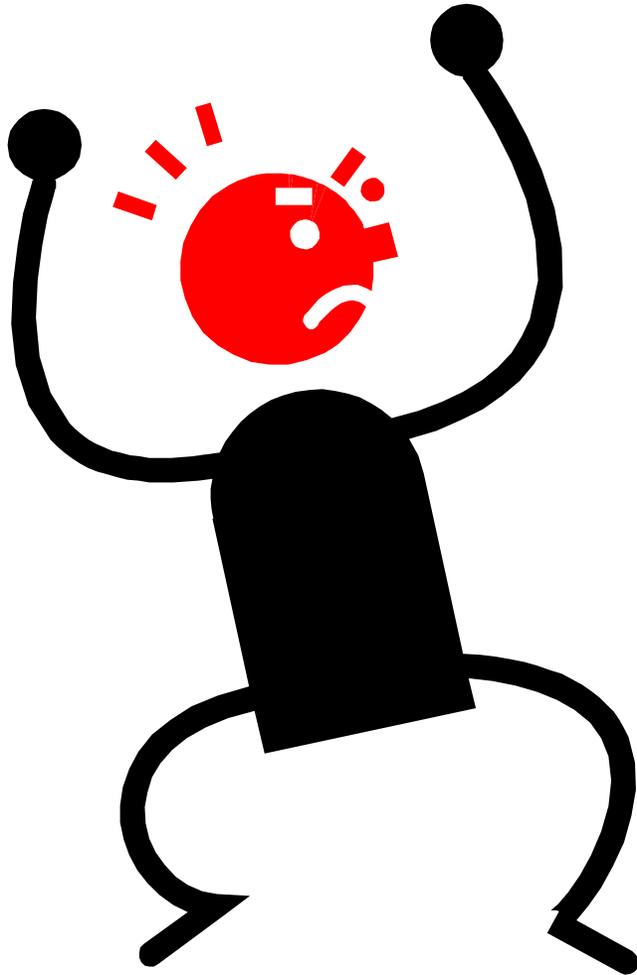
Anger is a problem



- When it harms you
- When it leads to aggression
- When it harms People around you
- When it disrupts school or relationships
- When it is too frequent, intense and lasts long
- When it harms effects your overall quality of life
- When chronic, explosive anger spirals out of control

Uncontrolled Anger can trigger a large number of anti-social behaviors and negative consequences

Consequences of ACTING OUT



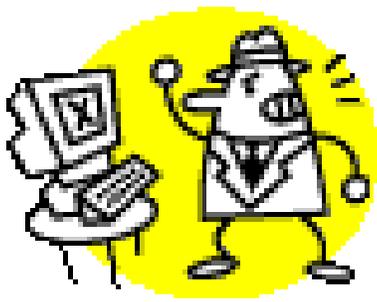
- Can lead to legal troubles
- Can lead to problems at school / home / community
- Relationships Problems
- Substance Abuse
- Physical Problems
- Emotional Problems
- Low Self Esteem
- Others



How does anger
make you
feel physically?

Feeling angry has a physical reaction that is usually unpleasant

ANGER CUES



Clenched fist



Racing & pounding heartbeat



Sweat

■ Your body sends you signals, when you're getting angry.

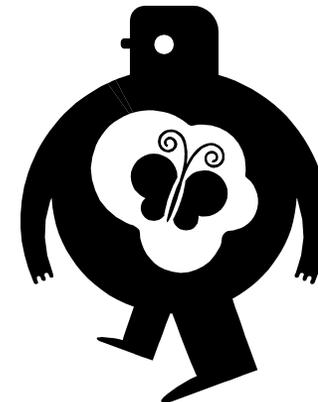


Loud voice



Red face

Upset stomach



Warning Signs

What warning signs apply to you?

Can not focus

Insult People

Heavy breathing

Argumentative

Pace

Stare

Go quiet and shut down

- Throw things
- Make an angry face
- Become Aggressive
- Use Profanity
- Cry
- Can not stop thinking about the problem or individual.

Dealing With Anger

Cool off, stay calm.

- Walk away
- Count to 10
- Take deep breaths
- Use calming self-talk: "I can handle this. Chill. It's not as bad as it seems."
 - Imagine you are in a peaceful place.



- 2. Give yourself some time to sort things out.
 - Write the problem down on paper.
- Think it through. Ask yourself: what really happened? How was I triggered? What were my cues?
 - Talk it over with a friend or adult you trust.
- Look at the situation from a different viewpoint.

Turn your angry energy into a change for the better

- Channel your angry energy into a physical activity.
- Try to solve the problem.
- Try to accept situations you can't change.
- Changing our view of a situation can change our reaction to it.

*"Don't let anger control you,
take control over it"*



Exercise Self-Control

Self-Control is the ability to resist inappropriate behavior, dealing effectively with emotions, such as anger and developing patience.

Maintaining Self-Control is key to Managing Anger



EVERYBODY GETS ANGRY

- That's just how it is.
- The difference comes in what you do about it.

SO:

GET A GRIP!!!



DEALING WITH ANGER

- When you find yourself angry, **REMEMBER** the only behavior you can manage is YOUR own!!!
- So, pay attention to your anger cues.
- And, if you feel like you're going to lose it...





Any
Questions???