

# Everyone Gets Angry, but . . .

**how often do people express their anger in healthy ways?** How can anger affect our mental health?

First, let's consider the following behaviors:

- Frequently threatening and/or arguing with family members, co-workers, neighbors, and others
- Striking one's spouse, partner, children, or others
- Throwing and breaking objects during angry outbursts
- Experiencing road rage and driving recklessly
- Having run-ins with law enforcement

A person who engages in these types of behaviors has an issue with ***aggressive anger***, which is damaging to his or her health and leads to acts of violence. The people who bear the brunt of aggressive anger often suffer with fear, anxiety, and worse . . .

Did you know that ***passive anger*** is also unhealthy? Here are some of the signs:

- Holding anger inside, then exploding at a later time
- Dwelling on anger (refusing to forgive; replaying situations over and over in the mind; formulating ways to get back at people)
- Engaging in self-defeating behaviors (absence from work/ school; withdrawal from family/friends/social situations)

A passive-aggressive expression of anger signals fear of conflict, and inability to express feelings directly and assertively. This behavior leads to resentment and always feeling like a victim. The other person feels guilty, angry, manipulated, and confused.

There are actually other types of anger, but there's only one type that is healthy, and it's often referred to as assertive or constructive anger. Healthy expression of anger embodies patience, understanding, confidence, openness, maturity, the willingness to listen and to help find a resolution. ***Easier said than done, but we all can learn.***

**If you or someone you know could benefit from professional help to manage anger, call Samaritan at 412.741.7430. Your therapist will: help you explore your anger triggers, teach you techniques to calm yourself, and help you develop assertive versus aggressive communication skills. Here are some good resources to explore:**

<https://yourlifecounts.org/learning-center/aggression/dealing-with-anger-types-of-anger/>

<https://www.psychologytoday.com/us/articles/200406/honor-thy-anger>