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...

Everyone has their own triggers for what makes them angry, but some common ones include situations in which we feel: threatened or

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attacked frustrated or  
powerless like we're being  
invalidated or treated  
unfairly like people are not  
respecting our feelings or  
possessions

**Causes of anger | Mind, the**

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How can you manage your anger at home? Relaxation techniques. These include breathing deeply and picturing relaxing scenes in your mind. When trying to

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relax, ... Cognitive restructuring. Changing the way you think can change the way you express your anger. When a person feels... Problem solving. ...

**Why Am I So Angry: Causes,**

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Getting angry is only a way of expressing the suppressed feelings. Psycho-therapeutic sessions and treatments would help you find and eradicate this root cause. Prevention and relationship

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enhancement program,  
Cognitive behavioral therapy  
, positive mentalization and  
personal development, anger  
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are commonly employed in  
these treatments.

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When I'm angry, I feel like a bottle with lots of reactions going on inside it. I feel like I'm trying not to come out of the

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bottle by suppressing it and holding the lid on. The advice I would give to myself when I'm angry is: remember that your feelings are valid, even if they 'feel too much' or coming out in ways that you think

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are 'wrong' .

## **How I Feel When I'm Angry And What Helps Me Cope**

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When you feel extremely

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angry, you're physically and emotionally overstimulated—the demands on your time are inevitably getting to you. If the situation allows you to leave and take a time-out, do so and immediately visit

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your spot. Sometimes all you need is a change in environment (and pace) to calm yourself down and gain perspective.

**20 Things to Do When You  
Feel Extremely Angry |**

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## **Lifhack**

Maybe you feel angry regularly. You're irritable, short-tempered and grouchy. Maybe you snap (or want to snap) at everyone around you – because your anger feels like a tsunami. It's bound

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to crash...

## **Angry All the Time for No Reason? This Might Be Why**

When I Feel Angry is part of a series of books written by a child psychologist to help children identify and

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understand their emotions.  
We have others in the  
series, including When I  
Miss You, When I Feel  
Scared, and When I Care  
About Others, but the book  
about anger is the one I  
turn to most often.

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"When I Feel Angry" is a colorful picture book written for primary readers. Authored by Cornelia Maude Spelmen, this book is designed to help children explore their feelings of anger and how those feelings

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impacts their words and  
actions.

## **When I Feel Angry by Cornelia Maude Spelman**

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