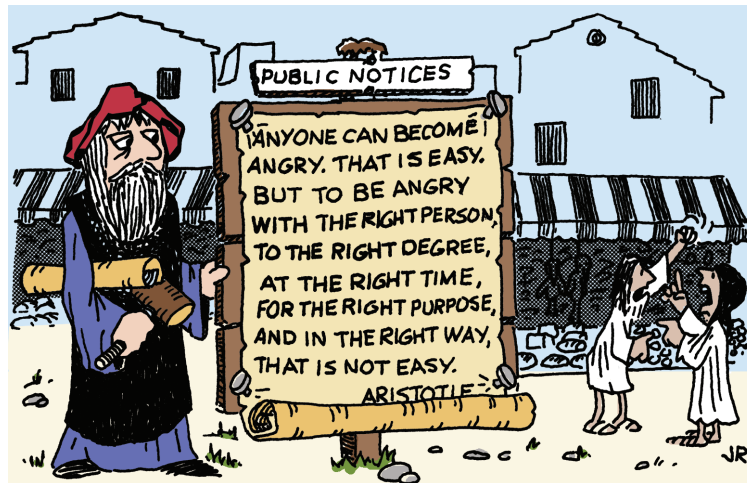


Chapter 8

Managing Anger



Aristotle, an ancient Greek philosopher who lived 2300 years ago (384-322 B.C.), observed how difficult it is to manage anger.

In this chapter we'll consider: anger as both a problem and a disorder, myths and reality of anger, primary causes of anger, three targets of anger, and methods to get yourself "unangry."

Anger: A Problem And A Disorder

Anger is "a strong feeling of displeasure and antagonism....synonyms....ire, rage, fury, indignation, wrath mean an intense emotional state induced by displeasure. Anger, the most general term, names the reaction but in itself conveys nothing about the intensity or justification...of the emotional state" (Webster, 1996).

We all are confronted with unpleasant situations and faced with annoying or difficult people. If our angry reaction to situations and people becomes severe enough, we can develop a disorder. *A disorder results when an individual experiences considerable emotional distress or significant impairment in relationships with others or significant impairment as a wage earner, homemaker, or student* (DSM, 2000).^{*} Easily angered individuals typically experience considerable distress or have significant impairment in their social relationships or as a wage earner, homemaker, or student.

In my opinion, feelings of anger usually cause more personal distress than either anxiety or depression. High levels of anger usually lead to limited problem solving ability, impulsive decisions, and foolish actions. It makes us less perceptive of the feelings and thoughts of others. People with an anger problem or disorder, however, are usually reluctant to seek help or to admit that they have a problem.

When we become angry it's important to ask ourselves, "Is the source of my anger within me or in the other person (or the situation)?"

Anger largely results from our irrational beliefs, expectations, and self-talk. Other people can trigger our anger only by activating or stimulating our irrational beliefs. Reduce your anger by uprooting your irrational beliefs and self-talk. *You can't control your anger as long as you believe others cause it. Take responsibility for both creating and reducing your own anger.*

An easily angered person doesn't see the cause of anger as within himself; he attributes his anger to the behavior of others. Matt, having lit his cigarette a couple of minutes earlier, suddenly smashed his fist on the kitchen table. After cooling off, he explained that his wife hadn't noticed the long ash accumulating on his cigarette and had

^{*} DSM is *The Diagnostic And Statistical Manual Of Mental Disorders, 4th Edition, Text Revision*, 2000 published by the American Psychiatric Association.

It does not yet list or describe types of anger disorders as it does for anxiety disorders and depressive disorders.

failed to get him an ashtray! He didn't see himself as having an anger problem. He saw his wife as the problem because she failed to anticipate his need for an ashtray. Matt's irrational beliefs include, "*She must show me she cares by noticing when I need something. If she doesn't, as she should, it's awful and I-can't-stand-it; and why did I get married?*" Easily angered people frequently damage their love relationships.

Individuals with continuing, *strong anxiety or depression* usually admit to themselves that they have an emotional problem or disorder. However, people with continuing, *strong anger* rarely admit that they have an emotional problem. They feel that the problem is solely the external event, situation, or person which triggered their anger. People who believe they have no control over their anger don't.

Anger and other emotional responses are determined primarily by what we believe and tell ourselves about bad events. However, how could someone *not* be lastingly angered and affected by a very bad event such as the murder of a loved one? Let's consider the emotional reactions of family members affected by such a wrongful, tragic event.

"The killer should be found and punished!"

Carla's body was found in the desert long after being murdered by an unknown assailant. Her parents, after grieving for some months, sadly accepted their tragedy without demanding *it must not be*. They began putting their lives back together.

Carla's brother, Mike, however, never accepted her death and endlessly repeated to himself and to others that "*the killer must be found and punished.*" He was consumed with anger and obsessed with her unjust death. Mike's friends began avoiding him, and he received poor evaluations at work. He responded by becoming more angry and depressed.

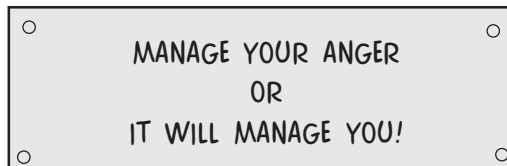
Mike and his parents reacted differently to their tragedy. What they told themselves about her death determined if they accepted the tragedy as painful reality and became saddened, or if they refused to

accept it and became consumed with depression and rage.

Mike constantly repeated to himself, *"She shouldn't have been killed. The killer should be found and punished, and if the killer isn't found, it's awful and I-can't-stand-it."* Mike's life was consumed with depression and rage. Of the 11 irrational beliefs, the ones most likely causing his misery are the following. The ones placed first seem to have influenced Mike the most.

- #9. **My past history mainly causes my present feelings and behavior; things from my past which once strongly influenced me will always strongly influence me.**
- #5. **There isn't much I can do about my anxiety, anger, depression, or unhappiness because my feelings are caused by what happens to me.**
- #3. **The world must be fair. People must act fairly and considerately and if they don't, they are bad, wicked, villainous, or incredibly stupid; they should be severely blamed and punished.**
- #4. **It's awful and terrible when things are not the way I very much want them to be.** (The remaining *eleven irrational beliefs* are described in Chapter Six.)

Mike prevented the healing power of *the passage of time* by refusing to accept his sister's death. He constantly indoctrinated himself with, *"She shouldn't have been killed. ...it's awful and I-can't-stand-it."* Work to change what you can. Ask for serenity to accept what you cannot change.



Learning To Manage Anger With ABC's

A Activating Event



"And don't call again!"

B Beliefs & Self-Talk



"Why do people do things like that? There should be a law against it. That was very upsetting! That call should have never happened and since it did, it's just awful! I-can't-stand-it"

Causes

C Consequences:
Emotional & Behavioral Consequences



"I am mad as \$æ!±»! I hate these telephone solicitation calls. They're as terrible as junk mail and junk faxes! Those \$æ!±»! people think I'm a fool and want to waste my time!"

D Dispute



"There I go again, upsetting myself. It's hard to remember, 'It's not the situation that upsets me but it's what I tell myself about it.' That call was inconvenient, but hardly awful. And I need to watch my blood pressure."

Anger: Its Myths And Reality

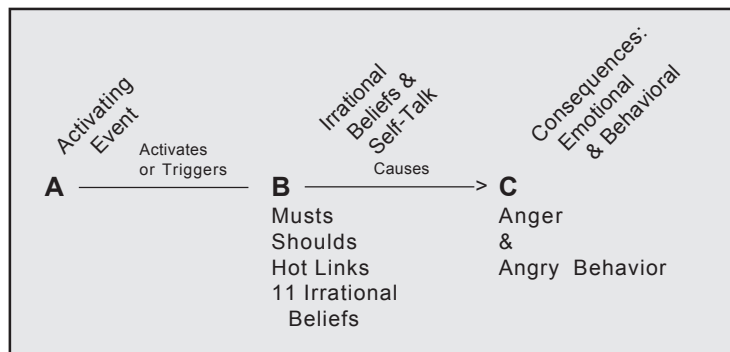
Several myths perpetuate and reinforce our irrational beliefs about anger and how to manage it (Borcherdt, 1989). Let's look at these myths and the reality.

Myth #1. *“Anger is caused by an event, a situation, or someone else’s behavior, all situations outside yourself. People don’t have control over their anger; anger is what happens to you.”*

Reality. We are responsible for our own anger, both its cause and how it’s managed. If we believe we are not responsible for our anger, we will manage it poorly and it will manage us.

The *ABC View Of Our Anger* shows that unpleasant events (and people) only *trigger* our irrational beliefs, and that our beliefs and self-talk actually cause our angry feelings and behavior.*

ABC View Of Our Anger



* An interesting audiotape, *What Do I Do With My Anger: Hold It In Or Let It Out?* by Raymond DiGiuseppe (1989), is available from Albert Ellis Institute For Rational Emotive Behavior Therapy. <<http://www.rebt.org>>

Myth #2. *"It's healthy to express your anger. I feel better after I express my anger."*

Reality. Whether we feel angry and express it or feel angry and do not express it, can cause major health problems. Among these are heart disease, high blood pressure (leading to strokes), gastrointestinal symptoms, suppression of our immune system, and other health problems.

Sometimes there is an immediate and pleasant, but brief, release of tension following a strong expression of anger. Anger provides us with a temporary feeling of strength, power, and control and covers up our feelings of hurt, rejection, helplessness, or inadequacy. We feel that we are handling a practical problem (for example, getting a person who is behaving wrongfully to improve her behavior) when we express our anger. An easily angered person who is obsessed with anger is also obsessed with misery.

Myth #3. *"My only two choices regarding my anger are to express it or to hold it in."*

Reality. Actually, there is another choice. Lower, reduce, or turn your anger down instead of expressing it or holding it in. Practice turning down your anger by modifying your beliefs and self-talk.

Expressing anger is not getting rid of it. Expressing anger is practicing anger. Practicing anger makes you more likely to express anger when frustrated in the future.

WHAT TO DO WITH ANGER - THREE CHOICES

- HOLD IT IN
- LET IT OUT
- TURN IT DOWN!

Myth #4. *"Expressing anger gets the attention of others, it gets you what you want, others are less likely to take advantage of you. People need to be confronted about the wrongfulness of their behavior and perhaps be taught a lesson as well."*

Reality. Strongly expressing anger or threatening to express anger often does get you what you want, but usually only in the short run.

In the long run, the strong expression of anger hurts our relationships and invites the recipient of our anger to hold a grudge or retaliate. Eruptions of anger generate resentment, bitterness, and distance in relationships. Anger begets anger.

If you are in a position of power over another person and express a lot of anger, you are unlikely to see that person return anger. However, people in a subordinate position often retaliate against anger attacks and do so in hidden ways, sometimes by undermining important goals.

○ ○
DON'T GET ANGRY, GET ASSERTIVE.
○ ○

Replace anger with assertiveness and annoyance. Assert and state your feelings or rights without displaying a lot of anger and intense emotion. Be assertive instead of being angry.

Get angry and stupid or get annoyed and insightful. You will think more clearly when annoyed (a less intense emotional state than anger) and solve problems more effectively. The observation, "*People who get angry, get stupid,*" is an accurate one. Manage your anger or it will manage you.

○ ○
DON'T GET ANGRY, GET ONLY ANNOYED.
○ ○

ANGER – HOLD IT IN, OR LET IT OUT?

“What do I do with my anger, put the lid on it, or let it boil over?” Answer – “Turn the heat down!”

You control the intensity of your anger by what you believe and tell yourself about an upsetting or disappointing event or the behavior of another person. Your self-talk and beliefs control your anger like a knob regulates temperature.

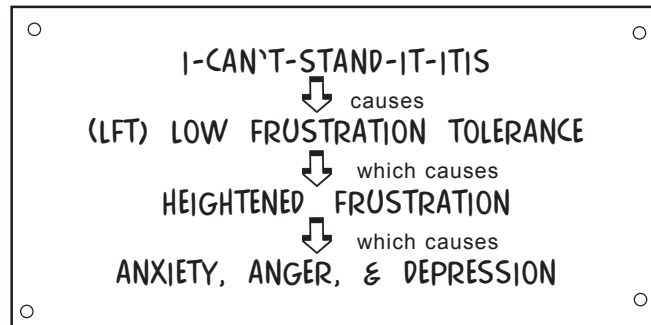
Also, as you would temporarily remove a boiling pot from a stove, remove yourself from an especially upsetting situation about to trigger your anger.

Parents often get frustrated with their children. Unfortunately, many parents attempt to manage their children using forms of anger. Parents yell, threaten to lose emotional control, use physical punishment, threaten to severely punish, and use a lot of sarcasm – all ineffective methods for managing children. Children closely observe

and imitate the behavior of their parents. If your daughter has observed a lot of anger in you, she is more likely to yell, get emotionally upset, threaten, be sarcastic, and attempt to manage you or others physically.*

Two common sources of our anger are low frustration tolerance and threats to our self-worth. Let's first consider LFT.

Low Frustration Tolerance (LFT): A Prime Source Of Anger



Low frustration tolerance, discussed in Chapter Five and in other sections of SOS, causes many individuals to become angry. Believing that you absolutely must get what you want and if you don't, it's awful and you can't-stand-it causes impatience, low frustration tolerance, heightened frustration, and anger. Replace believing a situation is awful or horrible with believing it's inconvenient or a hassle. When talking with yourself about frustrating situations, use those *cool self-talk words*, "hassle" and "inconvenient."

Common situations triggering LFT include: dealing with uncooperative people, having difficulty with your computer, waiting in a slow line at the checkout counter, sitting in traffic jams, having someone pull out in front of you in traffic, or locking yourself out of the car.

* *SOS Help For Parents*, a book for parents of children between the ages of two and twelve, is by Lynn Clark and published by SOS Programs & Parents Press. *SOS Help For Parents* emphasizes the importance of parents consciously being good role models for their children. The book is especially helpful for managing behavior of the strong-willed child. See the end pages of this book and <<http://www.sosprograms.com>>

Threats To Self-Worth: A Prime Source Of Anger

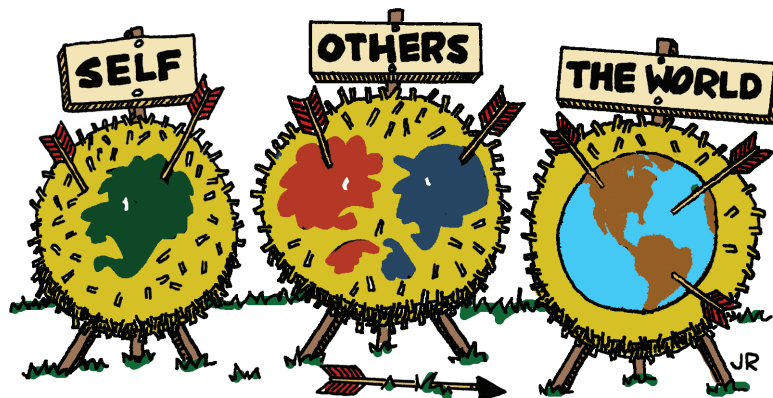
Individuals often respond with anger when they perceive that others are attempting to lower their self-worth, self-acceptance, or self-esteem, (Dryden, 1990). The extent of their anger is usually proportional to the extent to which they doubt their own self-worth.

Situations threatening one's self-esteem include: failing to get recognition at school, getting criticism from co-workers or supervisors, and receiving negative comments about one's appearance, possessions, behavior, or ideas.

Work on accepting yourself, and recognize that your rising anger may be due to your feelings of self-worth being threatened. Strive to believe, *"My basic feelings of self-acceptance and self-worth are largely independent of the remarks and thoughts of others."*

Anger can be directed at any of three targets: self, others, and the world (Dryden, 1990). The world includes *the circumstances under which I live*. Let's first look at anger directed toward others.

Three Targets Of Our Anger: Self, Others, And The World



Anger at others: Anger results from believing, “*You (he or she) MUST and if you don’t, then I-can’t-stand-it and you should be damned.*” Anger is often caused by our perceptions of wrongdoings by others and by believing that they *must not* behave wrongly. Seeing others as frustrating us or threatening our self-esteem are common triggers for our anger.

The people with whom we are most likely to get angry are family members, friends, individuals with whom we are romantically involved, co-workers, supervisors, teachers, and others close to us.

Avoid displacing your anger onto a blameless person. *Displaced anger is feeling angry at a particular person or situation while releasing your anger at another innocent party.* An example would be the man who is criticized by his boss, shouts at his wife, who scolds her child, who mistreats the family dog!

People are fallible human beings, and they usually behave the way they choose, not the way we choose for them to behave. People are able to behave wrongly or against our interests, and we generally have little power to influence their behavior. There are few laws which require people to behave a certain way, and these laws are rarely enforced.

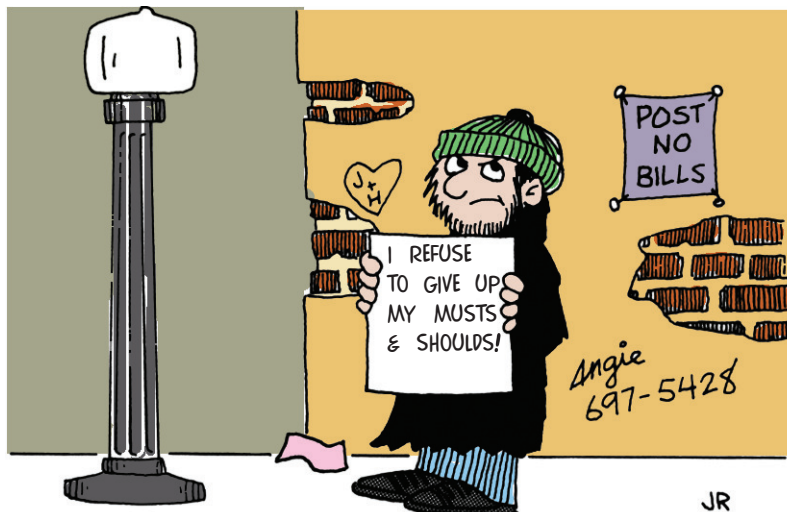
Anger at the world and the conditions under which I live: Beliefs causing anger include, “*The world must be fair and easy and if it isn’t, it’s awful, I-can’t-stand-it, and the world should be condemned and damned.*”

You hear people saying, “*Getting a flat tire ruined my day,*” or “*My computer wouldn’t run, and I-couldn’t-stand-it.*” When you feel miserable and angry because you are *demanding* that the world give you what you want, consider substituting preferences and wishes for your demands.

When you express a lot of anger at the world, an unintended target of your anger is normally yourself. One man painfully discovered this. Angry at his potbellied stove, he aimed his pistol and fired directly into the open stove. The slug ricocheted and hit him in the stomach. It's common for unbridled anger or anger directed at others or the world to ricochet or backfire. Anger is self-destructive and often "what we send around, comes around" and back to us.

Intense feelings of frustration and anger weaken our patience. We need patience to understand and solve complex problems, such as relationship problems. Strive to adapt and succeed in a fallible world, and avoid upsetting yourself and whining about its faults, errors, and unfairness.

**ANGRY AT THE WORLD:
DEMANDING THAT THE WORLD BE FAIR AND EASY**



Anger can result from demandingness – demanding that the world be fair and easy and when it isn't, condemning and damning it. Strive for improvements in your life, but avoid demanding that your wishes always be met.

For increased contentment and decreased anger, change your demands for getting what you want into preferences and wishes.

Anger at self: People often place demands on themselves; and when they fail to meet those demands, they condemn and damn themselves. Emily, a college sophomore, felt that she *absolutely must* get an “A” on her history exam. When she missed an “A” by two points, “as she *must not have done*,” she turned her anger on herself and consequently felt miserable. Others get angry at themselves for having job status or income below the level they feel they *must have*.

YOU CAN'T CONTROL YOUR ANGER
AS LONG AS YOU BELIEVE OTHERS CAUSE IT.

We can get angry at ourselves when we violate our own rules and standards for conduct and demand that we must not have done so. Guilt results from breaking our moral code and condemning ourselves for doing so. Don't let anger toward yourself and feelings of guilt turn into depression. Instead of becoming angry and depressed, forgive yourself and resolve to try harder in the future.

Replace anger with acceptance of yourself and others as fallible human beings. Acceptance is “the unqualified and nonjudgmental attitude to self and others, as well as an acknowledgment that what exists is bound to exist given the conditions that are present at the moment (Dryden & Neenan, 1994).” Strive for improvements, but accept yourself, others, and the world as fallible.

To live effectively and successfully, make a conscious effort to manage your anger. When attempting to manage your anger, it helps to believe *the world is fallible, others are fallible, and I'm fallible*.

REPLACE ANGER WITH ANNOYANCE.

Triggers For Anger

SELF-WORTH ANGER



"I used to believe that others must never put me down and if they did, I felt worthless and I-couldn't-stand-it. Believing that got me into a lot of fights! I'm working on accepting myself and ignoring what others say or think."

FRUSTRATION AND ANGER



"I regret that I used to physically abuse my wife when I felt frustrated or felt that I must control her. In therapy, I learned to control my anger by accepting that I alone am responsible for my anger and not her."

VALUING TOUGHNESS



"I kinda like getting angry, fighting, and being the toughest girl in school. I have 'reputation' and 'respect.' But I'm afraid I don't have many friends."

Anger is often triggered by our low frustration tolerance or by threats to our self-worth (self-esteem). Our beliefs and self-talk cause our anger rather than what others do or say.

Change your demand that others must do what you want, to a preference or wish that they do what you want. Use these self-talk words with yourself, "wish" and "preference." Your anger will become annoyance, a healthier emotion and easier to manage.

Some people with an anger problem place a positive value on toughness and aggression. As adults, they are at high risk for emotional maladjustment.

NURTURING ANGER



"I don't think these wounds are ever going to heal... I keep picking at them and they just don't get any better ... I kind of like picking at this bottom one."

People often nourish their anger by repeatedly reindoctrinating themselves with irrational beliefs and self-talk and dwelling on the wrongdoings of others.

USE SOS METHODS TO GET YOURSELF UNANGRY!

Which person do you think will achieve greater success in reaching reach his goals in life, Person A or Person B? Which person would be more likely to experience continuing conflict with an employer, spouse, or children?

Person A: *"Every day that passes, causes me to put one more *\$æ!±»! on my list of people to get even with!"*

Person B: *"I am going to learn how to stop upsetting my self so much by the *\$æ!±»! people I encounter!"*

**ANGER – USED AS AN INSTRUMENT
TO GET WHAT YOU WANT**



“Get me a Coke! Get me a Coke NOW!”

(from The SOS Video)

Instrumental anger is the anger a person uses as an instrument or lever, to pressure others to give him what he wants. Unfortunately, some parents give in and accidentally reward their child for using anger and emotional upsetness as an instrument for controlling the family and others.

For example, only when Michael expresses increasing anger does mother give in and give him both ice cream and a Coke. Earlier, she had told him “no dessert” because he didn’t eat his supper.

What is Michael believing and telling himself that causes him to behave aggressively? At a low level of self-awareness, Michael is saying to himself, “Mother must give me that Coke and if she doesn’t, it’s awful and I-can’t-stand-it! I must have that Coke! I’m going to get real upset, and then she’ll give in!”

Michael has accidentally learned to use emotional upsetness and anger to get what he wants. If this way of thinking and acting becomes a habit, he will be at high risk for experiencing emotional and behavioral problems as an adolescent and adult.

To see a brief video clip of this example (in either English or Spanish) along with solutions parents can implement, go to “Rewarding Bad Behavior” at <www.sosprograms.com>

How To Get Yourself “Unangry”

When feeling angry, examine your self-talk causing your anger. Interrupt and manage your feelings of anger with the following aids, techniques, and ideas.*

- **Acknowledge that your beliefs and self-talk mainly cause your anger** rather than actual events, the wrongdoings of others, frustrating events, or other practical problems (that is, activating events). We are responsible for our own anger.
- **Deal first with your emotional problem** (your upsetness and anger) before attempting to deal with your practical problem (the activating event or person who seems to be angering you).
- **List in two columns the advantages and disadvantages of giving up your anger toward a particular person**, (Burns, 1999).
- **Replace anger and rage** (unhealthy emotions) **with annoyance or mild irritation** (healthier emotions). Replace feeling angry and severely frustrated by an individual with feeling inconvenienced by that individual.
- **Replace anger with assertiveness.** Assert and state your feelings or rights without displaying a lot of anger and intense emotion while doing so.
- **Minimize your demandingness toward self, others, and the world.** Replace the three major musts and absolute shoulds (“*I must ...*, *she must ...*, *the world must ...*”) with *preferences, wants, and wishes*. When talking with yourself, about what seems to be angering you, use the words, “*I prefer ...*, *I want ...*, *I wish ...*” These words

* Chapter Four further explains most of these self-help techniques.

lead to emotional stability. Be aware of what you are telling yourself: about yourself, about others, and about events and situations.

- Acknowledge that situations and events which exist at any given time are bound to happen, given the conditions and forces which are present at that time. Do work to improve those events in the future.
- **Minimize your condemnation & damnation, I-can't-stand-it-itis, and awfulizing (three hot links) and increase your low frustration tolerance (LFT) and low self-acceptance (LSA).**
- **Give up the belief that expressing your anger is healthy.** Anger causes cardiovascular disease and high blood pressure (leading to strokes, etc.). Anger is self-destructive; expressing mild irritation and annoyance can be healthy.
- **Turn your anger down rather than expressing it or holding it in.** Expressing your anger is practicing to be angry in the future. Express your annoyance instead. Improve your communication skills and be assertive.
- **When upset, use emotionally cool language when talking with yourself.** Avoid condemnation & damnation self-talk
- **Mentally rehearse what you are going to say and do when facing situations which you anticipate could trigger your anger.**
- **Use coping self-talk statements** such as, *"I don't like it, that's ok, I can stand it anyway."* Count to 10, do it again.
- **Temporarily leave the situation triggering your anger, if possible.** Especially do this if you are highly angry.

- **Use distraction, diversion, and entertainment** by temporarily becoming involved in some pleasurable activity. This helps you to feel less angry in the short run.
- **Avoid becoming depressed or more angry about being angry** (called a secondary emotional problem in Chapter Six). Avoid believing, *“I should not be angry and since I am angry, as I must not be, I’m just worthless and feel even more angry at myself.”* Accept and don’t condemn yourself if you become angry more often than you wish.

To reduce your upsetness and anger over the long term, also do the following:

- **Consider meeting with a therapist.**
- **Complete the *Anger And ABCDE Self-Analysis And Improvement Form*.** Also, review the *ABC View Of Our Anger*.
- **Keep a Daily Mood Record to better understand your emotions.** Recognize that feelings of anxiety and depression almost always accompany feelings of anger.
- **Detect and identify your irrational beliefs and self-talk** which are mainly responsible for your anger, depression, or anxiety. When searching for irrational beliefs which may be causing your anger, do reconsider your demandingness toward the world, your insistence that others behave a certain way, the three major musts, the five hot links, and the 11 irrational beliefs.
- **Dispute and uproot your irrational beliefs and self-talk causing your anger.** Deepen your conviction in the self-destructiveness of your old irrational beliefs and self-talk causing your anger.

**Anger And ABCDE
Self-Analysis And Improvement Form**

<p>A <u>Activating Event</u> (Unpleasant event, situation, or wrongful behavior of others; these can be anticipated events):</p> <p>B <u>Beliefs And Self-Talk Statements</u> (Your irrational beliefs and self-talk statements; especially your musts, absolute shoulds, and five hot links):</p> <p>C <u>Consequences: Emotional & Behavioral</u> (Your unpleasant emotion and maladaptive behavior):</p> <p>Emotions:</p> <p>Behavior (or contemplated behavior):</p> <p>D <u>Dispute And Debate</u> (Dispute your irrational beliefs and self-talk; especially your musts, absolute shoulds, and five hot links):</p> <p>E <u>Effects</u> (Effects Of Dispute: New emotions and behaviors):</p>	<p>Date:</p>
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Copy this form. Complete the steps in the order of A, C, B, D, and E. When wanting to reduce your anger, follow the self-help methods in Chapters 4 and 5. As you complete B, look for your musts, absolute shoulds, hot links, the 11 irrational beliefs described in Chapter Six.

part of anger management counseling. These classes teach that our anger is mainly caused by our self-talk and what we tell ourselves about annoying people and events.

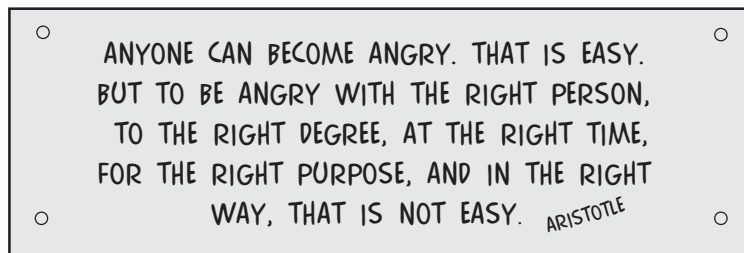
People who let anger rule their lives and relationships think that bad events and annoying people directly cause their anger. They believe that A's (Activating Events) directly cause C's (Consequences of emotions and behavior). As long as they believe this they will be unable to manage their anger. As a counselor, I want to teach them that A's (Activating Events) trigger their B's (Beliefs and Self-Talk) but that their B's largely cause their C's (anger and angry behavior). Anger rules people who continue to believe that A directly causes C. See the illustration of Charlie on the back inside cover of this book.

Considering the three major emotions of anxiety, anger, and depression, I think that anger is the most destructive. If you have a significant anger management problem, look into anger management counseling. Also, read *"When And How To Get Professional Help"* in Chapter 11.

Main Points To Remember:

- Manage your anger or it will manage you and your relationships. You can't control your anger as long as you believe others cause it.
- It's not the situation (the activating event) that angers us, but what we believe and tell ourselves (beliefs and self-talk) about the situation.
- Our demands (our musts, absolute shoulds), that we place on ourselves, on the behavior of others, and on the world, are what primarily upset and anger us.
- Two common sources of our anger are our low frustration tolerance and threats to our self-esteem.
- Three targets of our anger are: self, others, and the world.

- We have three basic choices of what to do with our anger: *Hold it in; Let it out; or Turn it down*. Believing “*It’s healthy to express my anger*” is a myth.
- People often use anger and emotional upsetness as an instrument or lever to get what they want. That anger is called “instrumental anger.”
- Don’t get angry, get annoyed! Replace anger and rage (unhealthy emotions) with annoyance or mild irritation (healthier emotions).
- When angry, complete the *Anger And ABCDE Self-Analysis And Improvement Form* to better understand and manage your anger.



Technical Talk for counselors and educators:

The Diagnostic And Statistical Manual Of Mental Disorders recognizes over eight anxiety disorders and over five depressive disorders but only one anger disorder, “intermittent explosive disorder.” *Anger disorders are annoyed about being ignored!* DiGiuseppe and Tafrate propose a new DSM classification (with diagnostic criteria) of anger disorders, “Anger Regulation-Expression Disorder” (ARED). Subtypes are 1. Anger Disorder, Predominately Subjective Type; 2. Anger Disorder, Predominately Expressive Type; and 3. Anger Disorder, Combined Type. See their book listed below.

Kassinove and Tafrate have developed an anger treatment manual for clinicians. It is also listed below.

DiGiuseppe, R. & Tafrate, R. (2007). *Understanding anger disorders*. New York, Oxford. Kassinove, H. & Tafrate, R. (2002). *Anger management: The complete treatment guidebook for practitioners*. Atascadero, CA: Impact Publishers.