

*You Can Learn to  
Control Yourself by  
Discovering*

- ☯ What triggers your rage
- ☯ What you are feeling underneath your anger
- ☯ What calms you down



You are most likely  
to lose it  
when you are  
run down, tired,  
hungry, lonely or  
under stress.

Be aware of your body -  
take care of yourself.

**Concerned About Someone?**

Highlight this brochure and share  
it with them.

Offer your help and support.



For Help and  
Information Contact

HopeWorks  
(860) 561-1175, ext. 703  
or email us at  
hopeworks@snet.net

American Psychological Assn.  
[www.apa.org/pubinfo/anger.html](http://www.apa.org/pubinfo/anger.html)



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Inventory # PI:MH-ANGR Workbook # 5.4 3/29/2005

# When Anger Turns into Rage

*Anger is one of the most  
powerful emotions and one of  
the most difficult to deal with.*

Thich Nhat Hanh  
Buddhist Monk and Author



90 North Main Street  
West Hartford, CT 06107  
(860) 561-1175  
Email: [hopeworks@snet.net](mailto:hopeworks@snet.net)  
[www.hopeworkscentral.org](http://www.hopeworkscentral.org)



*Providing hope and help to  
young people and their families  
through counseling and  
education*



*Anger is a signal worth listening to.*

Harriet Goldhor Lerner, Ph.D.  
Psychologist and Author

## The Dangers of Anger and Rage

- ❗ **Chronic anger damages your body.** It can cause high blood pressure, heart disease, headaches, autoimmune diseases, ulcers, strokes, and asthma.
- ❗ **Moods change suddenly,** resulting in extreme emotional outbursts.
- ❗ **Rage distorts your perceptions.** You can see and experience things that are not real; priorities, perspective, and patience become twisted.
- ❗ **The habit of anger** can replace all other emotions. In time, anything can trigger fury.



## More Dangers . . .

- ❗ **Unchecked rage exposes you** to failure in relationships and school, job losses, violence, jail time, and death.
- ❗ **Rage creates a spiritual crisis.** When runaway anger dominates your life, you become bitter, losing hope and joy.



- ❗ **Denial** fixes on the idea that if only everyone else would change, your anger will end.

### Is Your Anger a Problem?

You're OK  
if you stay calm when angry,  
are able to identify  
why you are angry,  
accept responsibility for  
your part in the situation,  
and do something  
constructive about it.

If you can't,  
get help.

## Look for These Warning Signs

Ask yourself, do I:

- ▶ Experience rage?
- ▶ Feel little or no control?
- ▶ Frighten people when I am angry?
- ▶ Become self-destructive or abusive?
- ▶ Get angry frequently?
- ▶ Have a family history of extreme anger?



### Steps to Take

- ✓ Keep track of how often anger takes over. Self-awareness is critical.
- ✓ Develop self-control and use your own effective, positive activities such as meditation.\*
- ✓ Make self-awareness and self-control your personal priority.

\* See **HopeWorks'** brochure "The Gentle Gifts of Meditation."