

Conquering Anger and Irritability

Some people aren't sure whether they want to sort out their anger and irritability as they are worried they will become too 'soft' and people will take advantage. However it's possible to be in between the two, and to neither be too 'soft' nor too 'irritable'.



Think about the following:

- What makes you particularly angry or irritable?
- What will happen if you carry on being angry/irritable?
- Why would it be good to get rid of your anger/irritability?

Example: Andrea

Andrea, aged 25, was often irritable and would 'snap' at her friends a lot, although sometimes she was worse than others. As a result, her friends started to not invite her to things, worrying that she might spoil an evening by getting irritable. This was a shame as she was really a good person.

When she found that she only had two real friends left she came into therapy.





Many of the sessions on this course will cover things to do about anger and irritability, but here are some things to think about:

1. Make sure you get a good night's sleep (about 7 hours), don't drink too much alcohol, take exercise everyday and eat a balanced diet.
2. Try to copy someone you know who is assertive yet good-natured, especially when you feel irritated!
3. Try to remember that whenever someone is irritating you, they are nearly always not doing it on purpose. And if they don't mean to do it, what is the point in being irritated with them?

Example: Bill

Bill used to drink at a 'rough pub'. When he found himself getting into fights, he decided to drink somewhere else before he got himself into serious trouble. This worked for a while, until one day he 'snapped' and hit the barman so hard that he caused a lot of damage and ended up in prison.

This was a great shame for Bill as he wasn't really a bad man, and he tried to sort things out but he needed to do more work on his anger and irritability to make things work out well for him.



Discussion

- What were your answers to the questions on the previous page?
- What do you think of the two examples? Do you know people like Andrea or Bill?
- What do you think of the ideas to help sort out anger and irritability on this sheet?
- When have you controlled your anger/irritability in the past? How did you do it?

Project

Think of reasons why it will be good for you to sort out your anger/irritability. See if you can make it clear in your mind that it is something important to do.

Mythbuster:

It's best to just get everything out – don't hang back. Not True.

The world is full of people who have done just this and ended up in serious trouble one way or another. It's best to be aware of your emotions but also in control of them.