

# ANGER MANAGEMENT

Submitted by

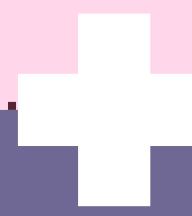
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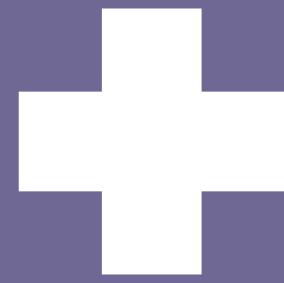
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# INTRODUCTION

Anger arises from perceived threats or unfairness. When uncontrolled, it can damage personal and professional life.



# WHAT IS ANGER?

Anger is a strong emotional reaction involving mind and body, often triggering aggressive behavior if unchecked.

## Types of anger:

### Passive Anger

Hidden, expressed through sarcasm or avoidance.

### Aggressive Anger

Overt, possibly violent or abusive.





## Types of anger:

### Assertive Anger

Healthy, respectful communication of needs.

### Judgmental Anger

Long-term, impacts health.

### Professional Consultation

Driven by moral or ethical beliefs.

# CAUSES OF ANGER

- Personal frustration and unmet needs.
- Injustice or unfair treatment.
- Stress, anxiety, or fatigue.
- Childhood trauma or emotional issues.
- Relationship or communication problems.
- Environmental triggers (e.g., traffic, noise).



# EFFECTS OF ANGER

## Physical

High BP, heart issues, insomnia

## Mental

Anxiety, depression, substance abuse.

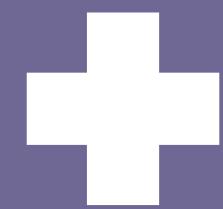
## Relationship

Conflicts, loss of trust.

## Professional

Poor teamwork, job loss.





# ANGER MANAGEMENT TECHNIQUES



**Deep breathing  
and relaxation.**

**Cognitive restructuring  
(changing thought  
patterns).**

**Problem-solving  
and goal-  
setting.**

**Active listening  
and empathy.**

**Develop emotional  
intelligence and self-  
awareness.**

**Using humor to  
defuse tension.**

# PSYCHOLOGICAL THEORIES



## Behavioral

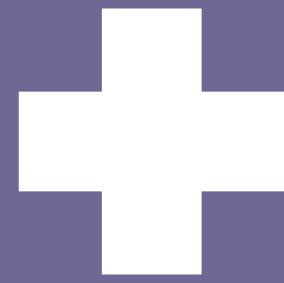
Learned and reinforced behavior.

## Cognitive

Based on perceptions and thoughts.

## Humanistic.

Results from blocked emotional needs.



# CONCLUSION

Anger must be managed positively; awareness and emotional skills turn it into a force for growth.



THANK  
YOU

