

# **Principles of Anger Management**

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**Anger is a feeling and aggression is a behavior. They are not the same and feeling angry does not translate into aggressive behavior.**

**Maintaining a task oriented posture towards a potential provocation assists in increased self control and control of the situation. It also results in behavior and attitudes that may deescalate the potential conflict.**

**Awareness of our own unique arousal pattern will increase the probability of anger moderation and regulation and in avoiding the effects of unmodulated anger.**

**Learn to use your own arousal cues as a signal to talk to yourself through a difficult situation.**

**Develop a feeling that you can be in control of the situation and of your anger.**

**Be aware of your tension and agitation in order to manage your anger.**

**Prepare for potential difficulties by breaking the conflict into steps. Use positive self- talk to remain in a task oriented position and to avoid impulsive and antagonistic behaviors.**

**As you practice and use these behaviors to manage and cope with anger, self esteem increases and the likelihood of using these techniques increases.**