

Do you feel really angry?

Anger is a normal emotion to experience, but it can be really uncomfortable to deal with, and can make us lash out or act in unexpected ways.

Understanding anger

Anger is a normal emotion that everyone feels sometimes—it's your brain's way of reacting when something feels unfair, frustrating, or out of your control. It can arise for many different reasons, such as being stressed, having something go wrong or something bad happening to you. You might feel it when someone disrespects you, when plans fall apart, or even when you're just overwhelmed. It can show up as yelling, slamming doors, or just shutting down.

While anger isn't bad by itself, what really matters is how you handle it. If you let it take over, it can lead to fights, hurt feelings, or bad decisions. It is important to be able to recognise when we feel angry, so that we can manage those emotions and understand our feelings better. Managing it in a healthy way means you stay in control, rather than letting the anger control you.

Helpful tools

- What is Anger [worksheet](#)
- When is Anger a Problem [worksheet](#)
- Anger Management [video](#)
- Anger Management [skill cards](#)
- Anger Iceberg [video](#) and [worksheet](#)
- Anger Thermometer [worksheet](#)