

Who we are

Bree Winkler is a Licensed Professional Counselor near Atlanta, GA. Help IS available! Contact Bree to begin your therapeutic journey today.

-) Bree specializes in helping clients manage anxiety, depression, anger, and relationship issues.
-) Bree works with adults and adolescents.
-) Bree offers face-to-face and remote (Skype, FaceTime, Zoom, phone) sessions.

Contact

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Anger Management



PRIVATE COUNSELING

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What is Anger?

Anger is an emotion. Often, it is a secondary emotion, meaning: it is the emotion you let yourself express after you experience your initial emotion. For example, anger usually happens after you are hurt, embarrassed, disappointed, etc. Emotions are NORMAL!

Anger is a normal, healthy emotion.

How to express yourself effectively

The goal is to share your feelings without causing harm to others or yourself. Expression of emotions should not cause bodily harm, physical pain, destruction of property, breaking rules or the law, or permanent damage.

Instead, **expression of your anger should include:**

-) **Determine** if the anger is something you have control over to fix (especially if it is towards an inanimate object or concept or with a difficult person)
-) **Calmly** addressing the situation directly (even if you need time to cool off 1st)
-) Sharing specifically **how** you feel
-) Explaining **why** you feel the way you feel
-) **Listening** to the other person's point of view
-) Brainstorming for a **solution**
-) **Talk** with a caring person to help you 1) see another point of view 2) recover from your intense, negative feelings.

Sharing your feelings is important. Your body needs a physical release of the pain **and** your mind needs the expression to heal. Don't be afraid of expressing yourself, if you do it respectfully!

Types of Anger Responses

Explosive



Are you a **ticking time bomb**? Do you unleash your anger on others? You probably yell, curse, throw things, ball up your fist, and refuse to communicate with the person you are mad at. This type of anger is controlling your life in a negative way. You (or others) may be afraid of you when you are angry. Your issues are not resolved, so your anger lingers.

Implosive



Do you keep all of your emotions, including anger, **inside**? You may experience stomach aches, headaches, and muscle tension when you are upset. Your anger scares you, so you keep it hidden from others. However, you still feel the anger. Your needs are NOT met. You aren't able to communicate effectively.

Effective



You recognize that **anger is a normal** response to certain situations. You share your frustration in a calm, but direct manner to the person you are upset with. Your goal is to communicate for understand and problem solving. You don't hold grudges or look for revenge.