

4 MYTHS ABOUT ANGER

THE TRUTH ABOUT ANGER

“YOU ARE ALLOWED TO BE ANGRY”

MYTH 01

Anger is Inherited

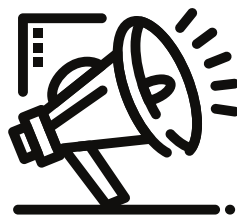
Many believe that anger can't be changed, and that it is an inherited trait. When in fact people aren't born angry, the way we deal with anger and express it is all learned behavior



MYTH 02

Anger = Aggression

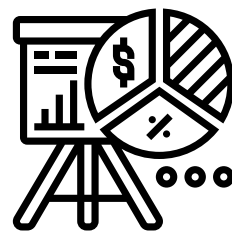
Believing that the only way to express anger is through showing aggression is wrong. There are several techniques and skills that can aid one in not only expressing anger, but managing it as well.



MYTH 03

Your way or No Way

Many people confuse assertiveness with aggression. Being aggressive with people isn't the way to get what you want. Expressing yourself in an assertive manner help you not threaten or blame others.



MYTH 04

Anger Expression

Beating on your pillows and screaming have been what people consider therapeutic for decades. When in fact this does not aid your anger, it just helps people get better at being angry and reinforces aggressive behavior.

