

News Release

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Does Your Anger Control You?

Tampa, Fla. (May, 2009). We have all, at some time, experienced anger whether what we felt was a sense of annoyance or a flash of rage. It is important to recognize the difference between the normal healthy emotion of anger expressed in an appropriate manner and anger that is destructive both to the individual and to others. Anger can be triggered by a wide range of situations and experiences – both past and current. We can “model” the manner of expressing our upset that we witnessed from those role models in our life.

Some individuals have learned to express their anger while others may internalize or suppress it. Remember the childhood saying: “I’m a little teapot short and stout. Here is my handle; here is my spout. When I get all ‘steamed up’, hear me shout: tip me over and pour me out.” We are teaching children to get their feelings of upset out. The key is whether those feelings of upset are expressed appropriately or inappropriately. The key is first to recognize your own needs and expectations so that when they are not met and you find yourself becoming upset, you can express your feelings clearly so that others will understand. Remember that the “message can be lost” based on how it is being expressed. In addition, unexpressed anger can lead to other unhealthy forms of behavior such as passive-aggressive acts.

Remember that the Employee Assistance Program (EAP) is a benefit available to all employees and dependents of companies contracted with Wood & Associates for providing confidential free professional assistance 24-hours a day, 7 days a week. Remember that you or a dependent may contact your EAP regarding any concern that you might have – you don’t have to wait until a problem becomes big to seek help. Above all, keep in mind that concerns develop over time but the way you address them can be changed. All you need to do is

call your EAP and you will be directed to our experienced team of financial counselors. It is that simple. If not now, when? Together we can get to the root of the issue, answer your questions and guide you down the path to effectively learning how to manage your anger.

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