

Signs you are dealing with ANGER ISSUES



Anger can show up in a number of different ways, and can change between people.



3 ways in which anger issues can present themselves include:

PHYSICAL SYMPTOMS

Anger affects different parts of your body, including your heart, brain, muscles and hormones.



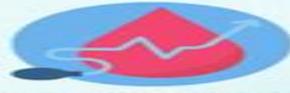
These can manifest as:



An increased heart rate



Muscle tension



An increase in blood pressure



A sense of 'burning up'

BEHAVIOURAL SYMPTOMS

Anger issues are also often seen through specific behaviour that are observable and often have external consequences



These can manifest as:



Road Rage



Shouting/violence



Aggressive body language

COGNITIVE & EMOTIONAL SYMPTOMS

Anger not only has physical consequences, but also involves a great deal of cognitive and emotional unhelpful implications.



For example:



Difficulties concentrating



Feelings of irritability



Anxiety or depression



Interpersonal problems

The symptoms mentioned above are just a few examples of what is often dealt with and treated in Anger Management Therapy.

Dealing With It

G Thomas



Dealing With It:

Enjoying the Track of Expression: An Mental Symphony within **Dealing With It**

In a world used by displays and the ceaseless chatter of quick communication, the melodic elegance and mental symphony produced by the prepared term usually fade into the back ground, eclipsed by the persistent sound and disruptions that permeate our lives. Nevertheless, situated within the pages of **Dealing With It** a charming fictional value full of natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, this captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the concealed tunes and profound impact resonating within each cautiously constructed phrase. Within the depths of the poignant evaluation, we shall discover the book is central harmonies, analyze its enthralling publishing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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