

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

Jin-Ying Zhang



Dealing With It:

Whispering the Strategies of Language: An Mental Journey through **Dealing With It**

In a digitally-driven world where screens reign supreme and immediate interaction drowns out the subtleties of language, the profound secrets and psychological nuances hidden within phrases frequently go unheard. Yet, located within the pages of **Dealing With It** a fascinating fictional treasure pulsating with fresh feelings, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, that enchanting opus encourages viewers on an introspective trip, softly unraveling the veiled truths and profound impact resonating within the very material of every word. Within the mental depths of the moving review, we will embark upon a honest exploration of the book is key themes, dissect its fascinating writing fashion, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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