



Irrational Anger – Controlling It The Easy Way

Mary Winn, LCSW, CHt, RRT / RTR - *Therapy with Mary*

Anger is a normal, usually healthy, human emotion. But when it gets habitual or out-of-control, such as sustained anger or an outburst of irrational anger, it may become destructive and can lead to problems in all areas of your life, affecting your overall quality of life. Anger can bring out a totally different side to your personality. When angry, you often will say things you would not normally say, and do things you wouldn't normally do. When you eventually calm down, you may feel bad about what happened, regretful over your behavior, and then having to work hard to make amends for what you did and said while you were enraged.

Become That Happier Person You Deserve to Be

The regular expression of anger makes those around you nervous, causing them to change their behavior towards you. Soon, your mere presence in a room changes the way people feel; increasing anxiety and fear, and reducing their ability to relax and have fun, or even just get on with their job. They may try to avoid you – creating isolation and perhaps additional anger. Co-workers, friends and family may begin to view your anger outburst as unpredictable, adding to the negative conditions that anger creates in your life.

Uncontrolled, irrational anger and rage not only destroys your relationships, it can even damage your health. The goal of anger management is to lessen your emotional feelings and the physiological stimulation that anger causes; to learn to control your reactions to difficult or frustrating situations where you would previously have lost your temper.

There are also those who don't show their anger in loud spectacular ways, but are chronically irritable and grumpy. Easily angered people don't always curse and throw things;



sometimes they withdraw socially, sulk, or get physically ill.

Start Rebuilding That Healthier You Now

Studies have found that incorporating hypnosis into your therapy sessions is an excellent way to achieve your goals because it keeps you calm while you break old habits, and form new ways of thinking and behaving. And this is essential, or your emotional brain will simply keep you locked into the old anger patterns.

EXPERIENCE INNER PEACE!

If you'd like more information, or wish to make an appointment, please call the office at 561-598-8585, or cell at 561-234-6778, or visit www.TherapyWithMary.com.

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*Overcome Anxiety And Fear...
Enjoy Feeling Peaceful and Calm!*