



ANGER MANAGEMENT: FROM COMBAT TO HOME

Presented by Military & Family Life Counselors

COURSE OBJECTIVES

In this course, participants will learn:

- What Is Anger
- What Triggers Anger
- Combat Skills and Anger
- The Art of Anger Management Back Home



WHAT IS ANGER?

- A completely normal human emotion
- Triggered by the “fight or flight” response
- Varies in intensity
- Causes can stem from real or perceived threats



COMBAT SKILLS & ANGER

- Targeted vs. Inappropriate Aggression
- Tactical Awareness vs. Hyper-vigilance
- Emotional Control vs. Anger or Detachment
- Non-Defensive vs. Aggressive Driving
- Discipline & Order vs. Conflict



TARGETED VS. INAPPROPRIATE AGGRESSION

In Combat

- Split second decisions are necessary
- Anger keeps you pumped and alert, awake and alive
- It could be kill or be killed

At Home

- May be overly hostile toward others
- May display inappropriate anger
- May overreact to minor events
- May respond with inappropriate physical aggression.



TACTICAL AWARENESS VS. HYPER VIGILANCE

In Combat

- **Necessary to be on edge**
- **Need to react immediately to sudden changes**
- **Being “revved-up” means you are ready for battle**

At Home

- **May feel uncomfortable in large crowds or confining situations**
- **May be easily startled, especially to loud noises**
- **First reaction to startle response may be aggression**



EMOTIONAL CONTROL VS. ANGER VS. DETACHMENT

In Combat

- **Emotions are controlled**
- **Fear, sadness, loneliness get suppressed**

Home

- **Emotions that were suppressed may be expressed as anger**



NON-DEFENSIVE VS. AGGRESSIVE DRIVING

In Combat

- **Erractic driving, rapid lane changes, keeping other vehicles at a distance**

At Home

- **Aggressive driving and straddling the middle lane**



NON-DEFENSIVE VS. AGGRESSIVE DRIVING

In Combat

- **Survival depends on discipline and obeying orders.**

At Home

- **The lack of order and predictability can lead to conflict.**



IS YOUR ANGER CREATING PROBLEMS?



WHAT WE'VE COVERED SO FAR...

- **The healthy nature of anger as a tool of survival**
- **How anger kept us alive in combat**
- **The problems anger-related combat skills cause once we return home**

Now, lets look at how to change our anger response for post-combat life...



THE ART OF ANGER MANAGEMENT

Physical:

- **Identify personal physiological cues**
- **Learn muscle relaxation techniques**
- **Do deep breathing or meditation**
- **Practice non-strenuous exercise such as yoga**



THE ART OF ANGER MANAGEMENT

Physical

Mental:

- **Thoughts determine emotions which motivate us to action**
- **What meaning do I give to the triggering event**
- **What is my perceived level/location of control**
- **How does my self-concept influence my perception**



THE ART OF ANGER MANAGEMENT

Physical

Mental

Emotional:

- **Thought – emotion connection**
- **Feeling awareness**
- **Address unresolved emotional issues from the past that influence your perceptions and hinder performance efforts today**



THE ART OF ANGER MANAGEMENT

Physical

Mental

Emotional

Behavioral Life Skills

Improve your behavioral and interpersonal skills in:

- **Communication**
- **Conflict Resolution**
- **Problem Solving**
- **Decision-making**
- **Time Management**



SUMMARY

- **Anger is a normal, healthy emotion. It is our response to it that makes it adaptive or dangerous**
- **Learn and manage your physical cues of anger**
- **Identify your anger triggers**
- **Monitor irrational thoughts**
- **Acquire interpersonal skills**
- **Address unresolved issues from the past that interfere with efforts today**
- **Seek additional help when necessary**





QUESTIONS?



RESOURCES

- Military Community Services
- Chaplain and Local Clergy
- Military OneSource (800) 342-9647
- TRICARE www.tricare.osd.mil
- Behavioral Health Services



REFERENCES

- “Controlling Anger,” Psychology Today, www.medicinenet.com
- “Relationships and Friendships: Fighting Fairly,” www.MilitaryOneSource.com
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- “Controlling Anger – Before It Controls You.” APA OnLINE. www.apa.org/topics/controlanger.html





THANK YOU

