



Anger Management: Understanding the Cycle of Anger (Workplace Development) (Volume 2)

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Benjamin Franklin once said, "In this world, nothing can be said to be certain, except death and taxes." We would like to add a third item to his list: anger. Anger can be an incredibly damaging force, costing people their jobs, personal relationships, and even their lives when it gets out of hand. However, since everyone experiences anger, it is important to have constructive approaches to manage it effectively. The Cycle of Anger is a natural emotion that usually stems from perceived threat or loss. It's a pervasive emotion; it affects our body, thoughts, feelings, and behavior. Anger is often described in terms of its intensity, frequency, duration, threshold, and expression. Anger typically follows a predictable pattern: a cycle. Understanding the cycle of anger can help us understand our own anger reactions, and those of others. It can also help us in considering the most appropriate response.

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