

Anger Coping Program Manual

anger, ire, rage, fury, indignation, wrath mean an intense emotional state induced by displeasure. anger, the most general term, names the reaction but by itself does not convey cause or intensity. We all experience and express anger from time to time. Anger is a basic human emotion that signals a strong feeling of annoyance, displeasure, or hostility and can range from mild irritation to extreme rage. Nov 3, 2023 · Anger is a normal, healthy response to a threat and may be used for a constructive purpose. When anger becomes uncontrollable or is unexpressed, it may lead to destructive thoughts or actions. ... Find 177 different ways to say ANGER, along with antonyms, related words, and example sentences at Thesaurus.com. Mar 22, 2026 · Learn how anger works, where it comes from, and how healthy regulation can improve emotional well-being and relationships. anger , rage , fury , and wrath mean a strong feeling caused by displeasure. anger is a general word that applies to many different levels of emotion that may or may not be shown. She kept her anger inside ... Jan 16, 2024 · In psychological terms, anger is a normal emotional response to a person or situation you believe has treated you unfairly or has otherwise been hurtful or harmful. Anger, also known as wrath (UK: / rɒθ / ROTH; US: / ræθ / RATH) or rage, is an intense emotional state involving a strong, uncomfortable and non-cooperative response to a perceived provocation, hurt, or ... Anger is one of the basic human emotions, as elemental as happiness, sadness, anxiety, or disgust. These emotions are tied to basic survival and were honed over the course of human history. Feb 25, 2026 · Anger is an intense emotion you feel when something goes wrong or you've been wronged by a person. Here's how to recognize anger and how to cope when you're angry.

Anger - Psychology Today

ANGER Definition & Meaning - Merriam-Webster

Anger - Wikipedia

Anger: Characteristics, Complications, and Causes - Verywell Mind

The nature of anger - Harvard Health

Understanding Anger | JED

[ANGER Synonyms & Antonyms - 177 words | Thesaurus.com](#)

Control anger before it controls you

Anger Definition & Meaning | Britannica Dictionary

Anger and Emotional Regulation - MentalHealth.com

Anger Coping Program Manual

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