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Maude Spelman
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Charlie Lumiere

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- by Michael
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audiobook (read-
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overcome anger.

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*By Sue Graves,
Presented by
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*When I Feel
ANGRY? A Little*

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Everyone has
their own
triggers for
what makes them
angry, but some

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Common ones include situations in which we feel: threatened or attacked frustrated or powerless like we're being invalidated or treated unfairly like people are not respecting our feelings or

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Causes of anger

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change the way
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person feels...
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Why Am I So

**Angry: Causes,
Symptoms, and
Treatments**

Getting angry is only a way of expressing the suppressed feelings. Psychotherapeutic sessions and treatments would

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help you find
and eradicate
this root cause.

Prevention and
relationship
enhancement

program,

Cognitive

behavioral

therapy ,

positive

mentalization

and personal

development,

Download Ebook When I Feel Angry journaling and other evidence-based approaches are commonly employed in these treatments.

**What Should I Do
When I Feel
Angry? 2020**

When I'm angry,
I feel like a

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Feel Angry lots

of reactions

going on inside

it. I feel like

I'm trying not

to come out of

the bottle by

suppressing it

and holding the

lid on. The

advice I would

give to myself

when I'm angry

is: remember

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that your feelings are valid, even if they 'feel too much' or coming out in ways that you think are 'wrong' .

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I'm Angry And
What Helps Me
Cope**

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When you feel extremely angry, you're physically and emotionally overstimulated—the demands on your time are inevitably getting to you. If the situation allows you to

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leave and take a
time-out, do so
and immediately
visit your spot.
Sometimes all
you need is a
change in
environment (and
pace) to calm
yourself down
and gain
perspective.

20 Things to Do

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Feel You Feel
Extremely Angry
Way
| Lifehack

Maybe you feel
angry regularly.
You're
irritable, short-
tempered and
grouchy. Maybe
you snap (or
want to snap) at
everyone around
you – because
your anger feels

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like a tsunami.
It's bound to
crash...

**Angry All the
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Reason? This
Might Be Why**
When I Feel
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a series of
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psychologist to

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Angry Way I Feel**

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"When I Feel Angry" is a colorful picture book written for primary readers. Authored by Cornelia Maude Spelmen, this book is designed to help children explore their feelings of anger and how

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those feelings
impacts their
words and
actions.

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