

Chapter 4: The Basic Principles of Anger Education

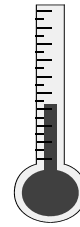
Principle No. 1: Not for “Life-Threatening” Situations

Anger Education provides *TOOLS*, and *STRATEGIES* to help people deal with situations of anger and upset that are **not** life-threatening situations.

Principle No. 2: Tools and Strategies For 3 Sources of Anger

Anger Education provides *TOOLS*, and *STRATEGIES* to help people:

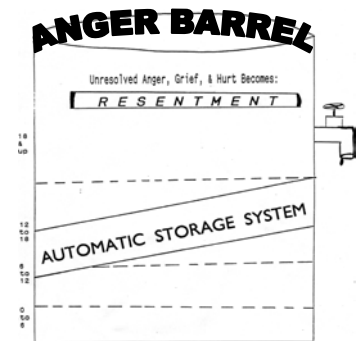
1 **Release**, more quickly, feelings of **Frustration** coming from (RFE’s) **Recent Frustrating Events** (For instance: Coffee at work all gone, a traffic jam, etc.)



2 **Resolve**, more quickly, **Conflicts** that come from (HOS’s) **Hurtful On-going Situations** (For instance: Continual harassment from a boss)



3 **Release**, more completely, **Resentments** that come From (PUSH’s) **Past Un-resolved Situations of Hurt** (For instance: An abusive step-father from childhood)



Principle No. 3: Communication is the Key

All **Anger Education** *TOOLS*, and *STRATEGIES* are **Communication** *TOOLS*, and *STRATEGIES*.