Anger management: The correlation between self-esteem and self-control

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Self-Esteem & Self-Control

• Children and adolescents may display anger when he or she is criticized, embarrassed, underestimated, or ignored and perceive such situations as threats.

• There are three causes of anger:
  – frustrating situations,
  – when security is under threat,
  – when other’s behaviors do not match his/her expectations.
Self-Esteem & Self-Control

• The reasons for anger are related to the ideas produced from ones’ perception, beliefs, and how they interpret a situation

• Those who trust their families and have strong relationships with them have been observed to maintain good relationships with their peers as well

(Arslan, 2009)
Self-Esteem & Self-Control

• Learning to problem-solve, adapt to their environment, and self-soothe, and have positive social support is important

• To abolish negative behaviors and attain positive ones, it is imperative that they be provided with help to make changes

• Interaction with others plays a vital role in self-esteem
Self-Esteem & Self-Control

- A positive relationship of parents and peers supports the development of self-esteem
- When perceived social support from family and teachers increases, inappropriate anger behaviors decrease
- In families in which attention, affection, and emotional sharing is limited, the level of anger is higher
Self-Esteem & Self-Control

• This relationship between social support and anger can be explained by feelings of loneliness
• High social support perception results in less feelings of loneliness
• Loneliness is an important predictor of self-esteem and anger
• Family and environment affect the way the emotion of anger is expressed is empirically supported
Self-Esteem & Self-Control

• A significant negative relationship between self-esteem and anger
• A significant positive relationship was found between self-esteem and anger control
• As self-esteem increases, the level of anger decreases and anger control increases
• Those who have low self-esteem become angry more easily
Self-Esteem & Self-Control

• The self-esteem of one wanted, admired, and accepted by peers will develop positive self-control
• The self-esteem of one who believes that important people do not love and appreciate them become angry more easily
• In counseling for anger, perceived social support and self-esteem must be underlined
Your Anger Profile

- People have commented on my anger
- My anger gets me into trouble
- I couldn’t remember what I did
- Family members have anger problem
- I hit or harmed someone when angry
- I often feel misunderstood
- My anger hurts me
- I blame others for my anger
- I say or do things I later regret
Rewarding Yourself

• Seeing a movie or television show
• Downloading new music
• Going shopping
• Going to a concert
• Eating at your favorite restaurant
• Hanging out with friends
• Playing with your pet
• Riding your skateboard or bike
• Playing soccer or shooting hoops
Keeping an Anger Log

- What was the date and time?
- What happened?
- What were you feeling?
- What were you thinking?
- What were the consequences?
- How did you handle it?
- What could have been done instead?
- What were your anger buttons?
- What can you work on?
Recognizing Anger Buttons

- Being nagged
- Someone telling your secret
- Someone bossing you around
- Being accused of something
- Invading your space
- Hearing repetitive noises
- Borrowing without permission
- Gossiping or writing nasty things
- Go through or ruining your things
Family Patterns

• Write the names of family members
• How do they handle anger?
  – Blows up
  – Throws things
  – Says mean things
  – Yells and/or curses
  – Holds anger inside
  – Walks away from the situation
  – Goes for a jog or to exercise
  – Takes time alone to calm down
Body Response to Anger

• Take slow, deep breaths when you:
  – Feel your face get hot
  – Grind your teeth
  – Roll your eyes
  – Breathe fast or feel short of breath
  – Heart begins racing
  – Headache or stomachache
  – Sweat
  – Nerves twitch or muscles tighten
  – Feel dizzy or nauseated
Fight or Flight

• Reactions to this automatic response:
  – Block out the situation
  – Pretend that it doesn’t exist
  – Stop and ask for help in private
  – Say, “Hey, give me a break.”
  – Run away from the situation
  – Yell at the person
  – Throw or hit things in frustration
  – Hit or hurt the other person
  – Hold in your feelings and get angrier
Masking Your Emotions

• It’s easier to get mad than admit:
  – You’re feelings are hurt
  – You’re greedy
  – You’re anxious
  – You’re lonely
  – You’re sad
  – You’re stressed
  – You’re frustrated
  – You’re jealous
  – You’re afraid
  – You’re feeling guilt or shame
The Media and Anger

• The more you see violence in media, the more likely you are to get angry. Watch less violence to manage your anger better.
  – Television
  – Movies
  – Music videos
  – Video games
  – Internet
  – Newspaper and magazines
Chilling Out

• Talk to someone
• Take a time-out
• Text a friend
• Pound on a pillow
• Play or listen to music
• Go for a walk or bike ride
• Play ball
• Read a book
• Draw
• Write in a journal
Writing to Calm Down

• Match up the pieces to the puzzle
• Write a letter to yourself. Include things that you are unhappy about, disappointed with, or want to change.
• Journal about thoughts, feelings, situations, and people that have made anger a problem for you.
• Develop a plan rather than act impulsively.
Laughing at Anger

• It is hard to be angry and laugh
  – Makes you forget about your anger
  – Makes you feel happy
  – Gives your stomach a workout
  – Makes others want to be around you
  – Decreases stress and tension
  – Helps you find humor in the situation
  – Rewrite experiences showing how the outcome would have been different
Taking a Mental Vacation

• Having a special place where you feel comfortable and relaxed can help when you are upset.
• Even if you can’t actually visit it, just going there in your imagination can help clear your head and calm yourself.
• Do you have a place to escape to?
• How do you feel when you’re there?
Releasing it Symbolically

• Write a letter to someone you are angry at. Tell the person what you really think. Then you can tear up the letter, bury it, or keep it.
• Imagine that a pillow is a person you are mad at and hit the pillow or scream into it.
• Skip pebbles across a pond, letting angry thoughts go with each one.
• Shoot or kick a ball toward a goal, imagining an angry situation deescalating with each shot.
• Write your angry thoughts on a sheet of paper and then paint over them.
• Tie your angry thoughts to a helium balloon and release them.
Relaxation Techniques

– Find a quiet location and get into a comfortable position. Tense your body and hold it for one minute. Then release it. Breathe in through your nose as you tense, and out through your mouth as you relax.

– Close your eyes and take slow, deep breaths, filling your lungs completely. Repeat until you feel relaxed.

– Take a warm bath or shower.

– Read a book to escape the world.

– Take a nap and wake up refreshed.
Handling it Constructively

• Think about the consequences you may face before taking action.
• What might be some of the dangers of your actions?
• Tell about a time you acted poorly.
• How could you have handled the situation more appropriately?
• What did you learn from it?
Anger Contracts

• Make a commitment with someone else to help you with your plan.
  – When angry, what cues will you give?
  – When you are about to lose your temper, what signal will you give?
  – Where will you go to cool down?
  – What things frustrate you?
  – What ways can you release anger?
  – Who can you make your contract?
Taking Responsibility

• Blaming others makes things worse
• Don’t push your anger one others
• Ask yourself, “What role did I have?”
• Ask, “How did I get myself into this?”
• Have you ever blamed someone?
• Have you ever been accused?
• Is it easier to blame others for your problems than take responsibility?
• How can you keep from getting angry?
Keeping Perspective

• We all overreact, but it sometimes leads to big problems.
• Keeping perspective is recognizing when you blow things out of proportion.
• You can change your response so that situations don’t get out of control.
  – Avoid problems or just walk away
  – Say how you feel; you’re not in the mood
  – Joke it off and laugh
Getting the Facts

• Don’t assume what others are thinking and feeling. Make sure you have the facts straight.
• Catch yourself, and say “STOP IT !”
• Try to see the other side of the story.
• Not everyone thinks as you do.
• Don’t react to what others say, rather than the person you’re in conflict
• Ask for the truth. What’s the worst thing that could happen?
Stages of Anger

• Understand the progression of anger, and learn to identify it quickly before losing self-control.
  – How does your anger button getPushed?
  – How does your thinking get distorted?
  – When do your feelings take over and your overreact?
  – How could you have been different?
  – What is best about learning to change your reaction to anger?
Perception

• What you think is happening affects how you react to a situation.
• When you’re in the heat of anger, it can be hard to step back and see clearly.
• Do you see a glass as half-full, as half-empty, or do you just drink it?
• Wouldn’t it be great if we could see all sides of a story before we react?
Weighing the Options

• Some decisions are easier than others.
• Some require little thought, others cause a lot of stress.
• Decisions made in anger are impulsive and usually don’t have good outcomes.
• Weigh your options before you react. What are the pros and cons?
The ABC Model of Anger

- A = Activating event (makes you angry)
- B = Beliefs about the event (irrational)
- C = Consequences
- D = Dispute your beliefs
- E = Emotional reactions improve
- F = Form a plan to avoid similar situations in the future
Coping with Conflict

• Some reactions make conflict easier to resolve, other make it harder.
• Being aware of your style can help you respond in a positive way.
• Recognizing others’ styles is helpful
  – The Competitor
  – The Doormat
  – The Bolter
  – The Team Builder
Using “I” Messages

• Express how you feel without making others feel you are blaming them.
  – “You always ignore me.”
  – “I feel hurt if you don’t sit with me.”
  – “You never listen to me.”
  – “I feel angry when you text while I’m talking.”
  – “You didn’t do your share.”
  – “I felt it was unfair that I did your work.”
  – “You are a jerk for tripping me.”
  – “I felt embarrassed when I fell.”
Good Listening

• Understand how others are feeling in order to defuse the situation.

• Characteristics of good listeners:
  – Pay attention to who is speaking
  – Keep eye contact
  – Show interest by nodding or smiling
  – Show you understand by repeating their own words
  – Let others finish without interrupting
  – Ask questions if anything is unclear
Complimenting Others

• Being complimented makes people feel good. Being torn down makes people feel bad and leads to anger.
  – You are nice, helpful, pretty, great
  – I am proud of you
  – You did a awesome job
  – You always listen and can be trusted
  – You are stupid, ugly, screwed up
  – You are always wrong, lazy, whining
  – You are a nerd, hopeless, a nark
Body Language

• Words are not the only way people communicate. Body language can be positive or negative.

  – Rolling eyes
  – Plugging ears
  – Crossing arms
  – Clenching fists
  – Biting lips
  – Gritting teeth
  – Tapping feet
  – Pointing finger

  • waving hello
  • smiling
  • hugging
  • blowing a kiss
  • pat on the back
  • clapping
  • thumbs-up
  • nodding yes
Communicating Clearly

• Anger can result from miscommunication or misinterpretation.

• Have all the facts, try to see the other’s perspective, and discuss your feelings before reacting.
  – Have you ever nodded or waved at someone when you didn’t hear them?
  – Have you ever made assumptions to fill in the gaps, and got it all wrong?
Being Assertive

• Assertive means standing up for yourself and communicating your feelings without harming others or violating their rights.
• Be confident to say no if you need to.
• Being assertive, rather than passive or aggressive, is best to get along.
  – “I’m free. What’s going on?”
  – “I’ll be there, when I am ready.”
  – “I’d like to join you, if it’s okay.”
Setting Goals & Plans

- Learn to talk rather than get angry
- Learn to compromise
- Don’t provoke, name-call, push or hit
- Ask for help when you feel frustrated
- Tell a friend so you have support
- What has required you to plan?
- Does planning help achieve goals?
- Do you have other goals that would benefit from a plan?
Steps Toward Change

• Recognize anger is a problem
• Explore ways to respond to anger
• Practice the skills you have learned
• Be patient with yourself
• Remember anger is a habit to break
• Revisit your anger goals
• Reaffirm commitment to change
How Far Have You Come?

• Have you improved anger response?
• Do you have more self-control?
• Do you get angry less often?
• Have others noticed a difference?
• Do you have new ways to cope?
• Do you involve others to help you?
• Do you handle anger differently?
• Have you hit or hurt others?
• What areas do you need work?
Healthy Self-Esteem

- Having a strong sense of self-worth
- Understand and accepting weaknesses
- Admit your faults without shame
- Celebrate strengths without putting others down
  - “I was sad, but I’m better now.”
  - “You’re right; I apologize.”
  - “I’m glad you won and I was second.”
  - “I’ll give you mine to make up for it.”
  - “I did my best; I’m happy with that.”
Writing Your Story

• Everyone has a story, and everyone’s story is important, including yours.
• We are all who we are as a result of things that have happened to us.
  – Knowing your story is a place to start knowing yourself.
  – Telling your story allows you to honor it and respect yourself.
  – Your story carries positive and negative feelings.
Your Positives

• It doesn’t matter who you are, where you have been, or what path you have taken.

• It doesn’t matter what you have done or not done, said or not said, thought, or not thought.

• Today you have positive qualities.
  – Good listener, good sense of humor, kind, patient, sincere, clean, loyal, talented, hardworking, honest, smart, reliable, brave, friendly, caring
Brain Messages

• The way you feel about yourself has partly to do with your brain’s physical makeup.

• The way different parts of your brain work, the amount and activity of your brain chemicals, are factors inherited from your parents and their parents.

• Knowing the personality traits of people in your family tree can help you learn more about yourself.
Family Messages

• How you feel about yourself today has partly to do with the messages you received as a child from people in your family.

• The way you interpreted those messages as a child helped you feel good or bad about yourself.

• Evaluate them when you are older.
  – What messages have you been sent?
  – What messages were good or bad?
Social Messages

• The way you feel about yourself today has partly to do with the messages as a child from the society you live in.

• How you interpreted these messages as a child helped you feel good or bad about yourself.
  – What messages promote self-esteem?
  – How would your life be different if the messages were positive?
Self-Messages

• The way you feel about yourself today has partly to do with messages you receive from yourself.

• These messages help you feel good or bad about yourself.

• You can learn new ways to talk to yourself that help you develop healthy self-esteem.

  – What messages do you tell yourself?
  – Why do you tell yourself those things?
The Truth of Self-Worth

• Every human being who ever lived came into this world with value and worth. There never has been an exception. This includes you.

• It is only our thoughts that tell us otherwise. A belief that we are flawed colors our outlook on life.

  – Have you ever felt worthless?
  – What did you tell yourself?
  – Why did you believe that?
  – Promise to stop believing that lie.
Perfecting Diversity

• There is no one else like you. Only you are genetically programmed to be you. This means only you can follow your path to success and become the best possible you.
  – What if there was only one plant?
  – What if there was only one animal?
  – What if everyone had the same talents?
  – What if everyone had the same job?
  – What if everyone looked alike?
  – No one can be a better YOU.
About Bodies

• Your body has nothing to do with your worth. Everyone has one, everyone has to take care of one, and everyone’s body will eventually wear out. No exceptions.
  – Have you ever thought “I will never look like that?”
  – Have you ever thought “I am too big, or too small, too little, or too tall?”
  – Do you want different clothes?
  – Do you want more muscles?
About Mistakes

• No one is perfect, including you. Perfection is not possible. You will make mistakes as long as you are alive. This has nothing to do with your value or worth.
  – List all the people you can think of, and all the mistakes they have made.
  – Change your negative thoughts to change your feelings about yourself.
  – Tell yourself positive things to feel better about yourself.
About Comparing

- Healthy self-esteem does not depend on comparisons. It exists no matter what others get or don’t get. Healthy self-esteem can grow stronger when we stop comparing to other people.
  - Name 3 people who make you feel good
  - Name 3 people who make you feel bad
  - Try going one day without comparing
  - What was it like to stop comparing?
  - How might you feel about yourself if you stopped comparing to others?
About Judgment

• People who put you down might think they are better than you. If you put others down, you might think you’re better than them. But it is not true. When we have healthy self-esteem, we don’t need to judge others, or let others bother us.
  – “She’s stuck-up because she studies.”
  – “Rich people are awful.”
  – “Guys just use her because she is cute.”
  – “Why are you happy? It’s annoying.”
Your True Self

- Your true self is who you are before you change things, just because you think you have to. Many of us have lost our true self trying to be someone else. When our self-esteem is healthy, we know our true self.
  - “What my parents make me.”
  - “I want to fit in.”
  - “It is against the rules.”
  - “We can’t afford what I want.”
  - “It is cool.”
You for Your Family

• Being part of a family influences how you think, feel, and behave. You play a role in your family. You may try to live up to their expectations. You may rebel against your family or try to please them. Some decisions might be your true self, some might not.

  – Overachiever
  – Bully
  – Tough Guy
  – Scapegoat

  – Hero
  – Critic
  – Boss
  – Baby

  – Rebel
  – Instigator
  – Enabler
  – Clown
You for Your Friends

- Your friends can influence the choices you make about how you think, feel, and behave. You may have a role in your group of friends. You may try to fit in by doing what they do, or try being different. Some decisions are made by your true self, others not.

  - Partier
  - Listener
  - Brain
  - Voice
  - Daredevil
  - Joker
  - Leader
  - Reasoner
  - Peacemaker
  - Bully
  - Follower
  - Victim
You for Society

• The society you live in can influence how you think, feel, or act. You may act certain ways to feel like a part of society, or you may act certain ways to help you feel separate from it. Some decisions might come from your true self, some might not.

  – Radio  Magazines  Gang members
  – Television  Social Media  Teachers
  – Internet  School Staff  Politicians
  – Actors  Models  Athletes
You in the Universe

- When you are struggling to decide how to handle a life challenge, try looking from a bigger perspective. Look beyond the personalities and the problem, and ask yourself, “Who do I want to be in the universe?” and make choices true to yourself.
  - What do I stand for?
  - What do I contribute?
  - How do I want to be remembered?
  - How would you change the world?
Why You are Here

• Because you are the only person with your specific talents and skills, you have a unique contribution to make. Understanding this, exploring it, and staying true to your path will help you live your truth no matter what others think, say, or do.

  – Who do you know is true to self?
  – Talk to others who decided to change.
  – What do you like; what don’t you like?
It’s Normal to Not Know

• If you don’t know exactly who your true self is, what you want to do with your life, or even what you want to do next year, you are normal. Most your age are trying to figure these things out. It is impossible to have all of the answers right now.
  – How has your self-knowledge changed?
  – What is your personality?
  – How have your future dreams changed?
  – It’s okay and normal to not know.
Discovering Likes & Dislikes

• You can learn about your true self by looking at what you like and don’t like. No one else in the world has the exact combination of likes and dislikes as you do.

  – Movie          Food          Song          Color
  – Class          Actor         Sport         Animal
  – Music          Drink         Game          Author
  – TV Show        Hobby         City          Book
  – Month          Holiday       Toy           Car
Discovering Your Dreams

• You can learn about your true self by exploring your dreams, ideas, and goals. Daydreams, night dreams, deep thoughts, and random thoughts all give you clues to who you really are and what you really want.
  – If my wish would come true, I ...
  – If I could go anywhere, I would go ...
  – If I could have any talent, ...
  – If I won the lottery, I would buy ...
  – If I woke up on the perfect day, I ...
Discovering Your Beliefs

• You can learn about your true self by exploring your beliefs. Your beliefs about the world, life, what is right or wrong, and what is good and bad all affect how you think, feel, and behave. Some of these beliefs may reflect your true self, some may not.
  – What do you believe about war?
  – Is it easy or hard to get divorced?
  – Is spanking children okay?
  – Should the legal age to ___ change?
Discovering Your Passions

• You can learn about your true self by exploring the things you feel passionate about. You might feel passionate about ideas, possessions, activities, or people. Passion is a feeling that comes from deep inside you and reflects your true self.

— Politics    Religion    Arts    Education
— Jewelry    Clothes    Cars    Technology
— Athletics    Travel    Reading    Eating
— Family    Friends    Siblings    Pets
Peer Pressure

• When friends try to talk you into thinking, feeling, or behaving a certain way, it is called peer pressure. People do this to feel better about themselves. When people have healthy self-esteem, they don’t need to pressure others, or give in to it.

  – Gossip  Smoke  Drink  Drugs
  – Steal  Sports  Clothes  TV/movies
  – Haircut  Tattoos  Piercings  Vandalism
  – Classes  Music  Body size  Kissing
Power of Attitude

• Your attitude, the outlook your thoughts create, is literally the most powerful tool you have for making a happy life for yourself. It affects the way you experience everything, including yourself.
  – Studied hard, but got a “C” in math.
  – Parents help sibling more with school.
  – Said hi to a friend who didn’t say hi.
  – Is a glass half-full, or half-empty.
Power of Self-Control

• All feelings are okay. It is what you do with them that will either hurt or help you. When you are aware of your feelings, you can learn to manage them in a healthy way.
  – Name the feeling
  – Accept the feeling
  – Express the feeling
  – Think about what to do with it
  – Take care of yourself in a healthy way
Power of Tolerance

• If you view discomfort as negative, you will try to avoid it and will lose the potential benefits. If you see it positive, you can overcome it, and use it as a powerful tool to develop self-awareness and inner strength and reach your goals.
  – Waking up early
  – Go to the dentist
  – Admitted you were wrong
  – Tried something new

Talk to someone new
Got a vaccination
Faced a fear
Learned to walk
Power of Responsibility

• Blaming other people or situations for what your life is like gives away your power and leads to negativity. Accepting responsibility for your life means you are in charge of your thoughts, feelings, and behaviors. It gives you back your power, and lets you grow into your true self.

  – I forgot my homework.
  – I was late for class.
  – I got a low grade on a test.
Power of Intuition

• Discovering and listening to your intuition or “inner voice” can lead you to your true self, and the path that is right for you. When you learn to trust your true self, you can better know and follow your true path.
  – Having a deep “knowing” about future.
  – “Feeling” an answer in your body.
  – Knowing you will get into trouble.
  – Having an open mind.
  – Making choice that bring happiness.
Power of Gratitude

• Gratitude is an attitude of thankfulness and appreciation. When we practice gratitude, we give attention and celebrate all that is good in our life. This raises our level of happiness and peace, both about our situation and our true self.

  – Sight  Home  Food  Bed
  – Friends  Hearing  Freedom  Family
  – Taste  Talents  School  Breathing
  – Love  Speech  Reading  Life
Power of Compassion

- Compassion means a deep sympathy or caring. Being able to feel compassion for human being, including yourself, is a cornerstone of healthy self-esteem.
  - “I’m sorry that happened to you.”
  - “How can I help you?”
  - “Are you okay?”
  - “Tell me what I can do.”
  - “I think you need a hug.”
Power of Possibility

• Your life is limited only by your thoughts. When you see the many possibilities present in every person, moment, and situation, you have the ability to grow, change, and become anything you desire.
  – “I’m a winner.”
  – “I can change.”
  – “I am good.”
  – “I am smart.”
  – “I can do it right.”
Power of Your Thoughts

• Thoughts are always the beginning steps toward making something happen. When we realize the power of our thoughts, we can use them to help create the life we want.

  – Desire = “I want to ski.”
  – Intention = “I will take lessons.”
  – Action = “First lesson today.”
  – Outcome = “I am skiing.”
  – Path = “New family vacation.”
Power of Conviction

- Conviction is a strong belief and value. When you believe deeply in yourself and your goals, you gain the strength to get through challenges, to follow your dreams, and remain your true self.
  - “I believe in myself.”
  - “I refuse to be discouraged.”
  - “I will not give up.”
  - “I believe in miracles,”
  - “I believe good times are ahead.”
Power of Positive Decisions

• Positive decisions are those that are most likely to result in positive outcomes. When you make a positive decision, even if it is not the easiest one to follow through on, you create a better chance of a positive result.

  – Thinking about stealing.
  – Thinking about cheating.
  – Thinking about breaking up.
  – Thinking about spreading gossip.
  – Thinking about telling a lie.
Power of Facing Challenges

• When a situation looks difficult, you might want to ignore it, avoid it, or make it go away. But when we don’t face challenges head on, we make things worse. Facing challenges helps us feel better about ourselves and creates healthy self-esteem.

  – Overeat  Drink Alcohol  Blame others
  – Use drugs  Hurt myself  Cheat on a test
  – Run away  Stop Eating  Over exercise
  – Fight  Deny Problems  Tell Lies
Power of Realistic Goals

• Realistic goals have the greatest chance of being achieved. They often involve smaller, short-term goals. When you set realistic short-term goals, you have a better chance of achieving your long-term goals.

– Go to class  Raise your grade in math
– Join the team  Be the highest scorer
– Exercise daily  Be a body-builder
– Apply for a job  Employee of the month
– Jog daily  Win a race
Power of Support

• Human beings are created with limits, No one can do everything This reality forces us to interact with and help one another. Asking for help or support when you need it is a powerful tool for achieving your goals and maintaining self-esteem.

- Family  Friends  Neighbors
- Counselor  Teacher  Coach
- Pet  Scout Leader  Higher Power
Power of a Higher Power

• Many people believe there is a power greater than themselves. Human beings did not create the universe or can control it. If you believe in a power greater than yourself, you can tap into that power to help you meet the challenges in life.

  – Love    Faith    Law    Heaven
  – Miracles  Hope    Purpose    Nature
  – Eternity  Meaning    Wisdom    Joy
  – Universe  God    Gratitude    Peace
Things to Remember

• Self-control and self-esteem
• As self-esteem increases, anger decreases, and self-control increases
• Learning to problem-solve, adapt to their environment, and self-soothe, and have positive social support is important
• Research supports that social support and self-esteem must be underlined in counseling for anger & self-control
References


