

Anger Taming A Powerful Emotion

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 ... 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 ... 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 ... Feb 25, 2026 · Anger is an intense emotion you feel when something goes

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Control anger before it controls you

Anger Taming A Powerful Emotion

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