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While anger is an emotion that can be sparked by many factors, conflict generally occurs between people as a result of a

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disagreement or argument. Like
anger, conflict can be
constructive when...

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A typical anger management programme may involve 1-to-1 counselling and working in a small group. A programme may be a 1-day or weekend course, or over a couple of months. The structure of the programme depends on who provides it, but most programmes include cognitive behavioural therapy (CBT), as well as counselling.

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If you think that your anger is really out of control, if it explodes into a rage or it is harming your personal and professional life, you should consider taking this online Anger Management and Conflict Resolution Course to learn how to handle it better.

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The Mindspa Institute - Anger &
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A protracted burst of anger is best described as rage. Being in a rage tends to give the protagonist a feeling of power. The person at the receiving end is often frightened and browbeaten into giving in. But getting what you want through an angry tantrum undermines your relationships in the longer term.

ANGER & CONFLICT
MANAGEMENT Pocketbook
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anger, frustration and conflict
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One of the Conflict Dynamics
Profile (CDP) active destructive
responses is Displaying Anger
which involves acting out the
inner emotion. Angry displays can
include raising one's voice,
swearing, and physical displays

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like slamming your hand on a table. Suppressed anger can also leak out as demeaning or retaliatory behaviors.

Anger and Conflict - Conflict
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Leader's Guide offers conflict
management advice to adults and
teens in connection with its
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techniques illustrated encourage
users to turn their anger around
to interact peacefully and
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