

Radio 08/07/2008

Topic tonight: : Angry, Annoyed: Endogenous, Exogenous

Bible reference: Ephesians 4:31-32

Outline

- I. Introduction - Synonyms of Anger
- II. Exogenous Causes - Usually Not Righteous Indignation
- III. Endogenous Factors - comorbid mental issues
 1. bipolar disorder
 2. mdd - depression
 3. ADHD
 4. borderline personality disorder
 5. substance use disorder
 6. anxiety disorders - OCD ect.
 7. paranoid disorders
- IV. Abating tools

Not only can medication help in anger at times, behavioral suggestions can as well including:

- Gain insight. Is the anger accentuated because of unresolved past issues?
- Share your anger. Perhaps a friend or a counselor can help.
- Sublimate the anger. Inappropriate anger can often be sublimated through sports or work.
- Check your thinking. Personalization, magnification, and emotional reasoning can cause unnecessary anger.
- Count to ten. Mother's adage was not a bad one. A little time can decrease anger and result in a more appropriate response.
- Write a letter. Write a letter but tear it up. Too much can be read into a letter.
- Be assertive, not aggressive or passive. Always be kind and pick the best timing for a response.

Anger is an emotion of hostility resulting from opposition. Inappropriate anger can be seen in bipolar disorder, mania, schizophrenia, unipolar depression, ADHD, substance use disorders, after head injury, and delirium. It has been treated on-label and off-label with various medications including neuroleptics, benzodiazepines, beta-blockers, anticonvulsants, and alpha agonists. See the definition of aggression.

- V. conclusion