


CUSTOMER:	ASPEN FAMILY COUNSELING	PROOF TIME	1/3/2012 9:20:05 AM
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**ASPEN  
Answers**

by Barry Erath, MSSW, LCSW

#### MANAGING ANGER

Anger is an emotion that can serve a useful purpose, such as protecting oneself against mistreatment. However, people who become angry over small matters on a consistent basis should know that chronic anger is likely to make them less happy and healthy as well as less optimistic. With these important ramifications in mind, it is important for people to ask themselves whether their health and welfare are more important to them than the circumstance that engenders their anger. When anger wells up, it is also important to ask whether it is an appropriate response to what is bothering them. Anger often is merely a cover up for some deeper hurting feeling. Next, it may help to take a breath and consider whether the situation can be modified in any way.

If you're wrestling with anger issues, it can affect every aspect of your life and the lives of those around you. Our caring counselors provide a safe space and an understanding ear as well as proven techniques with depression, stress, or anxiety. If you would like an appointment or if you have any questions, please call 608-742-5020. Our address is 2639 New Pinery Rd., Suite 1. Offering you and your family compassionate and professional advice.

*P.S. Talk therapy may help individuals with a low boiling point gain some insights into their behavior as a means of understanding it better and learning to choose an alternative response when appropriate.*

**ASPEN**  
Family Counseling  
[www.aspenfamilycounseling.com](http://www.aspenfamilycounseling.com)

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