

When Anger Hurts Your Relationship

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Anger is a normal, healthy emotion. But if it's channeled in negative directions, anger can do real damage to you and your loved ones. In this provocative, healing book, psychotherapist Beverly Engel explains why your personal anger style may be hurting your relationships, your career, and yourself.

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Most often they are preceded by feelings of frustration, hurt, unmet needs, or perceived injustice. Because the partners on the other end of angry expressions cannot see those hidden feelings, they...

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You can tell when anger is hurting your relationship when it becomes a dominate emotion that you feel when you are with your partner. Anger in a relationship clouds your judgment in that you will have a hard time seeing the other's point of view when having a discussion.

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Paleg and McKay, practicing clinical psychologists and coauthors of *Couple Skills*, pinpoint pain and a resulting sense of helplessness as the roots of anger. By outlining individuals' and couples'...

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Anger is a natural and normal human emotion that tends to make its presence known in any relationship, even if it is not addressed at the person to whom it is being expressed. Unfortunately, anger often rears its head in our interactions with those we love the most, including our romantic partners.

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But none of these options is a solution to the problem. So, when you feel anger in a relationship, exhale and count to ten, and only then decide how to behave, before you do anything fatal. 3. Add activity to your life. If anger is your frequent companion, you may be lacking in physical activity.

[Healthy Ways to Express Anger in a Relationship](#)

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"When Anger Hurts Your Relationship is useful, practical, exceptionally well organized, and insightful. I will certainly recommend this book to my angry couples." —Ron Potter-Efron, Ph.D., Author, *Letting Go of Anger and Stop the Anger Now*

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In fact, when a relationship does more harm than good, it can wreck your self-esteem, alter the course of your life, and even lead you down a life path you end up regretting.

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Read Online When Anger Hurts Your Relationship

When Anger Hurts Your Relationship is a first-aid manual for angry couples. Psychologists and best-selling authors Matthew McKay and Kim Paleg present an array of tools and strategies that couples can use to reduce conflict, diffuse intense rages, and move beyond repeated anger dynamics. Each chapter is chock-full of proven cognitive-behavioral techniques to help couples reconcile their differences and begin to heal from the hurt that's already been done.

[When Anger Hurts Your Relationship | NewHarbinger.com](#)

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" When Anger Hurts Your Relationship is useful, practical, exceptionally well organized, and insightful. I will certainly recommend this book to my angry couples." --Ron Potter-Efron, Ph.D., Author, Letting Go of Anger and Stop the Anger Now

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Try the following tips to help you to minimise the destructive effects of anger on you and your relationship: Address anger immediately. When you first start noticing the signs of anger, ask your partner what's happening. Leaving an angry person to nurse her hurt makes things worse, not better. Keep calm.

[Dealing with Anger in a Relationship - dummies](#)

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