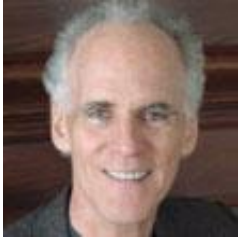


Q & A

With William DeFoore, Ph.D.

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William DeFoore, Ph.D. is an author, counselor and executive coach. He brings a diverse academic background to his 38 years of counseling, coaching and consulting with individuals, couples, families, executives and organizations.

William's speaking career has taken him throughout the United States and into several other countries, covering topics in the areas of Anger Management, Emotional Wellness, Emotional Intelligence In Leadership and Positive Psychology.

For the past eighteen years he has been an adjunct faculty member with Cooper Aerobics Center in Dallas.

Learn about his services, books and CD programs at AngerManagementResource.com.



Karl Reynisson is a Internet marketer and a Personal trainer with a big intrest in Anger Management. He has a very popular blog at angerme.com where you can find informations, tips and techniques for anger management.

For more informations and free special report take a look at [anger management techniques](http://angermanagementtechniques) at angerme.com

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1. Does anger management training really work?

Some anger management training focuses only on control and suppression of anger eruptions and explosions. That approach focuses only on symptoms, not the cause. It only works for a little while, if it works at all. Anger is a valid emotion, and it is there for a reason. There is a "story" behind every instance of anger, and that deeper story has to be understood and told for healing to begin.

When anger management training gets to the original trauma that caused the anger issues, and brings healing processes at that level, lasting change results.

In other words, yes...anger management training works, if it gets to the cause and doesn't just treat the symptoms.

2. Anger management and depression - How do these disorders effect you, from your studies ?

Depression can be seen as suppressed anger, fear and pain. Depression is a sort of shutting down of all emotional expression, where everything is being held inside. Expressing anger can be a beginning step to the healing of depression, but it is something to move through and not stay in. There is also unexpressed grief and sorrow behind anger and depression, and sometimes what is needed is a healthy grieving process. Anger management and depression problems can be devastating to a person's life, leading to illness, divorce, addiction or incarceration.

3. What exactly tells you that you need anger management?

Here is a list of questions that will help you decide if you need anger management. If you answer "yes" to 3 or more of these, then you need anger management.

- Are you someone who "never gets angry?"
- Do other people think you're angry?
- Are you critical of other people in your mind and thoughts?
- Do you criticize and/or insult others when you speak to them?
- Do you frequently lose patience with people or situations?
- Do you have a hard time putting yourself in another person's shoes during a disagreement?
- Do you sometimes yell or raise your voice to get your point across?
- Do you find yourself frequently in arguments?
- Do you think about acts of aggression or violence?
- Do you notice yourself "looking for a fight?"
- Have you ever been physically aggressive or violent with another person?
- Have you ever been arrested or had the police called because of your actions?
- Have you ever been reported for domestic violence?
- Do you take out your frustrations while driving?
- Do you find yourself unable to let go of grievances and resentments?
- Do you replay negative experiences over and over in your mind?
- Do you often think that other people are a bunch of idiots?
- Does it seem to you like other people "just don't get it?"
- Do you think about getting revenge on others?

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4. Does anger affect your physical health as well as your mental health?

Chronic anger outbursts can lead to heart problems, and suppressed anger can cause depression and a depletion of the immune system, making you susceptible to many different types of illness. Research has shown that anger raises homocysteine levels in men, increasing the risk of heart disease. Other research has shown that women who are indirect with their anger, not expressing it openly, have slower recovery time if diagnosed with breast cancer. Strong anger reactions release adrenaline and other chemicals into the blood stream, triggering a "fight or flight" reflex even if there is no immediate physical danger. This taxes the physical body, like a car revving its engine and never going anywhere. Eventually, something will break down.

5. How do you reinforce and stay on top of you're anger after I taking an anger management course?

One of the best techniques for "staying on top" of your anger is journaling. Here are some steps for the journaling process:

Anger Journaling:

- Let your anger speak uninterrupted. That is, don't be reasonable, rational or "nice" during this process, or you won't really be getting the anger out.
- Keep this writing in a separate journal from other writing. It's a kind of "dumping ground" for these negative emotions.
- Write about all of your frustrations, fears, pains, sorrows and anger here. All of the things you "just can't stand," and that really "push your buttons."
- The trick for this particular one of the anger management activities is to keep writing until you a) start to repeat yourself, b) can't think of anything else to say, or c) feel a sense of release and/or relief.
- Close the journal, and go straight to the next journaling exercise described below. Never go from the anger journaling to taking some kind of angry or destructive action.

Goodfinding Journaling:

- Gratitude for the things in your past: Write about all that you can think of that you are grateful for. Think of times when you've been very happy, people who have loved you, and wonderful places you've been. Focus on how grateful you are for the good times with friends, the concerts, art and beauty you have seen.
- Appreciation for the things in your present: Write about all that you appreciate about yourself and your world right now. Appreciate your health--all the organs and functions that are working just fine, your talents and abilities. Appreciate your possessions, your home, your friends and family.
- Optimism about your future: Write about what you look forward to. Think of all of the good things that are possible in your future, and think about how you would feel if they all happened. Use your imagination to think of good things coming your way. Keep your mind at least partly open to these imagined wonders becoming real.

Do this journaling 4-5 days a week, or every day if you're going through a rough time. These are tools you can use the rest of your life.

6. Is there a certain age for anger management?

If children have anger management issues, the best approach is to help the parents who are with them every day. If children have anger issues, that doesn't mean there is something wrong with the child, it means something is not right in the family. Apart from that anger management training can be provided for adolescents and adults of all ages. No one is exempt from this problem, and everyone can overcome it with the right kind of focus and therapy.

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