

Individual Employee Resource

Recognising the trigger pattern

Anger is usually a second emotion. Underneath it is often something else, feeling disrespected, unheard, overwhelmed, or unfairly treated.

The build-up is physical before it's verbal

A clenched jaw, a faster heartbeat, heat in the face, these arrive before the words do.



It's often about the accumulation, not the moment

If a small thing produces a large reaction, the small thing usually isn't the real cause.



Bottling it and venting it both tend to backfire

Suppressing builds resentment; venting without a pause tends to escalate.



If a pattern of anger is affecting your work or relationships, that's a reasonable thing to bring to a confidential conversation.



You don't need to wait until it feels unmanageable. Support is available for a quiet conversation, whatever is driving it.