

Montclair Health Associates

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A Comprehensive Weight-Loss Program for
Children and his/her Family



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information about our many services...

www.MontclairHealth.com

The Surprising Purpose of **ANGER**

Feeling angry *is* valuable. It's a visceral, innate feeling created by judgments and often serves as a mask for a deeper fear. It works as an alarm signaling us that we are disconnected from what we value and that our needs are not being met.

Unfortunately, we have often been told to control our anger or that our anger is bad. We learn that being angry often means that something is wrong with *us*. This imposed trade-off, to either be connected or loved within the relationship, or to be able to express our anger. The result of this limitation is often counter-productive, leading us to "launch" impulsively and often seemingly uncontrollably into our anger in a way that is unproductive to the relationship with ourselves and others.

Anger has two parts; triggers, and causes. The trigger determines how alienated we feel, leading to angry feelings we haven't learned to recognize and therefore can't manage. Unrecognized anger now creates two victims- the one receiving and the one expressing.

Others are witness to our anger, rage, frustration, and resentment which are just the visible layer of a much deeper cause of our feelings. Learning to manage our anger is very different than venting and acting aggressively. Venting anger is a practice based on misinformation and judgment.

Contrary to popular belief, venting does not reduce our anger; it serves to rehearse it. Should you come face-to-face with people who make you angry, you will do what you have practiced.

Let us help you learn to manage strong feelings by practicing in the safety of a professional environment. You'll gain an understanding about what relationship history makes your anger take control of you. You can help others with his/her anger without experiencing debilitating fear. And, most importantly, you'll learn to turn anger into an asset.

Understand the Patterns...

- Feeling angry? *We'll listen to what you are telling yourself about the situation that has made you angry and identify the primary cause.*
- How will I know what to do with my anger? *We'll help you understand the surprising purpose of anger and how to transform anger into positive action.*
- What about the "other" person? *We'll show you how this works even if only one person applies the strategies.*
- What can I expect from this process? *We'll show you how to communicate in a way that focuses on meeting your needs now and prevents future conflict.*

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