



# **When Anger Scares You: How to Overcome Your Fear of Conflict and Express Your Anger in Healthy Ways**

*John Lynch*

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Anger is a natural response that can be, if properly channeled, a powerful source of energy and motivation for growth. Some people, though, habitually shy away from their own angry feelings and potentially anger-provoking situations. When confronted with a provocative or confrontational situation, an anger avoider feels that to express anger is to risk losing control, hurting someone else's feelings, or appearing to be a rude, unlikable, or bad person. By side-stepping healthy anger expression, anger avoiders may suffer more than just frustration and resentment: panic attacks and depression, subservience and passivity, headaches and chronic pain often plague people who deny themselves a constructive outlet for their anger.

With this book, first you'll learn to separate anger from rage or fear. Then you'll practice a series of simple, easy-to-follow exercises that coach you to openly express your anger and constructively address difficult people and situations. The book directs you to align yourself with your anger, using it as a tool for positive change. It helps you to set and achieve goals for constructive anger expression.

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