

Self-Help Techniques in Anger Management with Cognitive Behavioral Interventions: Understanding and Managing Anger

Bilişsel Davranışçı Müdahaleler ile Öfke Yönetiminde Kendi Kendine Yardım Teknikleri: Öfkeyi Anlamak ve Yönetmek

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Öfke, bireyin engellenme, görmezden gelinme, tehdit edilme, kısıtlanma, kayıp yaşama, haksızlığa veya saldırıya uğrama karşısında gösterdiği yoğun ve evrensel bir duygudur. Bilişsel davranışçı yaklaşıma göre öfkenin ortaya çıkmasında bireyin bilişsel yapısı rol oynamaktadır. Öfke eğer çok yoğun, sık ve şiddetli yaşıyor, yıkıcı durumlara yol açıyorsa öfke yönetimi ile üstesinden gelmek mümkündür. Öfke yönetiminde en sık bilişsel davranışçı terapiler ve bilişsel davranışçı yaklaşım temelli müdahaleler kullanılmaktadır. Bu müdahaleler bireyin hatalı inançları veya sorun haline gelen bilişsel yapısını yeniden yapılandırmayı hedefleyen bilişsel teknikleri ve öfkenin fizyolojik, duygusal ve davranışsal boyutlarını hedefleyen davranışçı teknikleri içermektedir. Son yıllarda bireyin öfke yönetimini bireysel olarak uygulayabileceği kendi kendine yardım müdahaleleri literatürde yer almaya başlamıştır. Bu nedenle bu derlemede, bilişsel davranışçı müdahalelerin kendi kendine yardım ile öfke yönetiminde kullanımları ve etkin müdahalelerin derlenmesi amaçlanmıştır. Öfke yönetiminde bilişsel davranışçı yaklaşım temelli kendi kendine yardım müdahaleleri incelendiğinde bu müdahaleleri “farkındalık, gerçekte olan ne, seçenekleri tartmak, kaçınma ve uzaklaştırma yoluyla öfke kontrolü, gevşeme, bilişsel yeniden yapılandırma, etkili iletişim becerileri edinme, özbakım” olarak sekiz basamakta toplanan mümkün olabileceği görülmektedir.

Anahtar Kelimeler: öfke, öfke yönetimi, BDT, bilişsel davranışçı terapi

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ABSTRACT

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Anger is an intense and universal emotion that an individual shows in the face of being blocked, ignored, threatened, restrained, grieving, being wronged or attacked. According to the cognitive behavioral approach, the cognitive structure of the individual plays a role in the emergence of anger. If anger is experienced very intensely, frequently and severely and causes destructive situations, it is possible to overcome it with anger management. In anger management, cognitive behavioral therapies and cognitive behavioral approach-based interventions are used most frequently. These interventions include cognitive techniques that aim to reconstruct the individual's faulty beliefs or cognitive structure that has become a problem, and behavioral techniques that target the physiological, emotional and behavioral dimensions of anger. In recent years, self-help interventions in which the individual can apply anger management individually have started to take place in the literature. Therefore, in this study, it is aimed to review the use of cognitive behavioral interventions with self-help anger management and effective methods. When cognitive-behavioral approach-based self-help interventions in anger management are examined, it is seen that it is possible to collect these interventions in eight steps as “awareness, what is really happening, comparing options, anger control through taking a break, relaxation, cognitive restructuring, acquiring effective communication skills, self-care”.

Keywords: anger, anger management, CBT, cognitive behavioral therapy

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INTRODUCTION

"Anybody can become angry, that is easy; but to be angry with the right person, and to the right degree, and at the right time, and for the right purpose, and in the right way, that is not within everybody's power, that is not easy." (ARISTOTLE, B.C. 384-322.)

Anger is a normal emotion experienced by everyone. It occurs as a reaction to real or imagined criticism, frustration, ignorance, threat, restraint, loss, injustice, or attack, and it is often directed at the situation, person or self that causes anger and may result in aggression (Tatlılıoğlu, 2013; Dilekler et al., 2014). Anger is one of the intense basic negative emotions associated with aggravation resentment, hatred, and jealousy and when properly experienced, it provides an opportunity to alert the individual to a problem, to survive, and to trigger self-defense instincts. When expressed appropriately, it motivates to express one's opinion, defend oneself, solve problems, and help build healthy coping skills and enable constructive change to happen. On the other hand, anger can be harmful if experienced frequently, intensely and persistently, and destructive if not properly expressed or managed and more it can be devastating and lead to physical, mental, and interpersonal problems (Kazdin, 2000).

Cognitive behavioral therapy (CBT) is a type of psychotherapy that is built on cognitive and behavioral theory, is based on research findings, and continues to develop. CBT is a structured treatment approach that includes many cognitive and behavioral techniques (Türkçapar and Sargin, 2012; Özcan and Çelik, 2017). It can be applied to children, adolescents, adults, parents, and couples. Based on the views and beliefs of the individual about his life CBT focuses on the current situation and its solution with the principle of "here and now". According to this approach, which is a synthesis of cognitive and behavioral theories, our thoughts and the way we interpret events affect our emotions and behaviors. In other words, it is not the event itself that determines the individual's feelings or reactions to events; it is the individual him/herself and the meanings he attributes to the event. For this reason, change can begin by identifying dysfunctional thoughts that are unrealistic or problematic for the individual, discovering and defining these thoughts and their effects on the individual, then replacing these dysfunctional thoughts and developing new functional beliefs instead. Thus, the way of thinking of the individual, the way of experiencing or expressing the emotion, and behavior patterns can be reshaped. The individual can become stronger and have more control over their life, solve problems, and develop the ability to cope with physical or mental problems (Türkçapar and Sargin, 2012; Özdel, 2015; Özcan and Çelik, 2017).

According to the cognitive behavioral approach, cognitions have an important role in the formation of anger (Novaco, 1975). Accordingly, the stimulus that causes the feeling of anger is not an event or situation, but the way the individual perceives this stimulus and the meaning it

ascribes to it. Therefore, although anger is a universal emotion, it is a subjective emotion in terms of the experience of anger, other accompanying emotions, or the resulting behavioral reactions. Although everyone is born with the potential to feel and express anger, individual's learning experiences, cognitive configurations and reactions to the stimulus that may cause anger may be different. In the face of the same anger-generating stimulus, some people may express their anger, some suppress it, some feel guilty for expressing their anger, some have difficulty in expressing their anger, and some may experience outbursts of anger (Karmin, 2021).

According to the cognitive-behavioral approach the process of experiencing anger and its consequences includes triggering events, pre-anger state, evaluation process, anger expression, behavioral components and results related to anger (Deffenbacher, 2011). Anger arises as a result of the interaction of these components with each other. Triggering events are the source of anger. This source is not always specific and identifiable. Triggers can be external (eg, other people's behavior, objects, events, etc.) or internal (eg, re-thinking of previous events, shame, inferiority feelings, etc.), real or imaginary. Anger arises in response to these triggers (Deffenbacher, 2011; Knaus, 2021). The pre-anger state is both the cognitive structure and the instantaneous mental and physiological state of the individual when faced with the triggering event. Both components determine how the individual will evaluate and react to the triggering event that lead to anger (Deffenbacher, 2011; Knaus, 2021). The evaluation process is a process in which the individual evaluates the triggering events with the conditions of the pre-anger state, decides whether to perceive it as a problem by passing through a cognitive filter, and reaches a conclusion about how and how severe an anger response will be (Deffenbacher, 2011; Knaus, 2021). Triggering events, pre-anger state and evaluation process cause cognitive, emotional, physiological and behavioral symptoms in the individual. For this reason, anger is considered as a cognitive, emotional, physiological and behavioral experience. Together, these components that make up the expression of anger are also in interaction with each other. These cognitive, emotional, physiological and behavioral reactions may vary according to the intensity of the anger. In mild and moderate anger, the reactions help to be functional, constructive and problem-solving but in severe anger, the reactions are destructive and dysfunctional (Deffenbacher, 2011; Knaus, 2021; Karmin, 2021).

Anger-related problems can have a negative impact on the individual's relationships, work, and education. When an individual is angry, he or she may be prone to doing or saying things that may cause regret or feeling of guilty later. These problems can negatively affect the individual's mood, stress level and self-esteem. Anger can be a problem if it is experienced too often, too intensely, or if aggression or violence is among the ways a person expresses angry feelings. If anger expression has become a problem in this sense, it should be realized that anger

must be managed (Karmin, 2021). Anger management is a structured treatment designed to encourage the individual to regulate the anger and aggressive behaviors, to prevent them from saying or doing something they will regret later, to calm down, to evaluate the situation calmly and to take logical steps (Isaac et al., 2010; Knaus, 2021). Anger management helps the individual to break his habit of anger, to become aware of the signs and symptoms associated with anger, to "develop an awareness of the events, conditions and behaviors of others that trigger anger", and to reduce the physiological arousal caused by both anger and other accompanying emotions. Anger management aims to reduce the frequency, intensity, duration and certain forms of anger. In this program, it is aimed to prevent aggression caused by anger, and gain the ability to express the feelings functionally and in a way that will not harm the individual and other people with whom he/she is in a relationship (Isaac et al., 2010; Karmin, 2021).

Cognitive behavioral interventions are the most widely used treatments for anger management (Lee and DiGiuseppe, 2018; Bengisoy et al., 2019). Therefore, in this study, it is aimed to review the use of cognitive behavioral interventions with self-help anger management and effective methods. Also this study targeted to present a cognitive-behavioral-based resource in self-help anger management both for individual use and to summarize for professionals and students.

METHOD

This review is a traditional/narrative review. Although traditional reviews are subject to subjective evaluation, the method of the review is briefly described. A literature search was conducted in GoogleScholar, Scopus/Elsevier, SpringerLink, PubMed databases by matching the keywords "anger, anger management, CBT" between January 2022 and March 2022. The literature review was limited to Turkish and English resources. In the review, 18 resources including cognitive behavioral interventions in anger management were used, four of which are books and guides that have not yet been translated into Turkish.

RESULTS

As a result of the literature review, it was seen that there are limited studies on CBT-based self-help techniques in anger management. Moreover, it is striking that the use of CBT-based interventions in anger management has increased in recent years and the use of self-help in interventions for psychological problems or some distresses has gained momentum in recent years. When studies evaluating the effectiveness of cognitive-behavioral interventions in anger management are examined, it is determined that these interventions give positive results in transforming anger into a functional state and have a high level of effectiveness (Sütcü et al., 2010; Kelleci et al., 2014; Görgü and Sütcü, 2016; Türk and Hamamcı, 2016; Lee and DiGiuseppe, 2018;

Bengisoy et al., 2019). Cognitive behavioral interventions in anger management can be applied as individual or group therapies, as well as include interventions that the individual can apply him/herself. Especially in recent years, cognitive behavioral interventions in anger management can be applied with self-help guides. Studies focus on similar CBT-based techniques used in anger management. However, different sequences or different numbers of techniques are mentioned. For this reason, CBT-based self-help techniques in anger management were created based on the common results of the studies. According to the results of the studies reviewed, self-administered CBT-based interventions for anger management as eight steps are explained below.

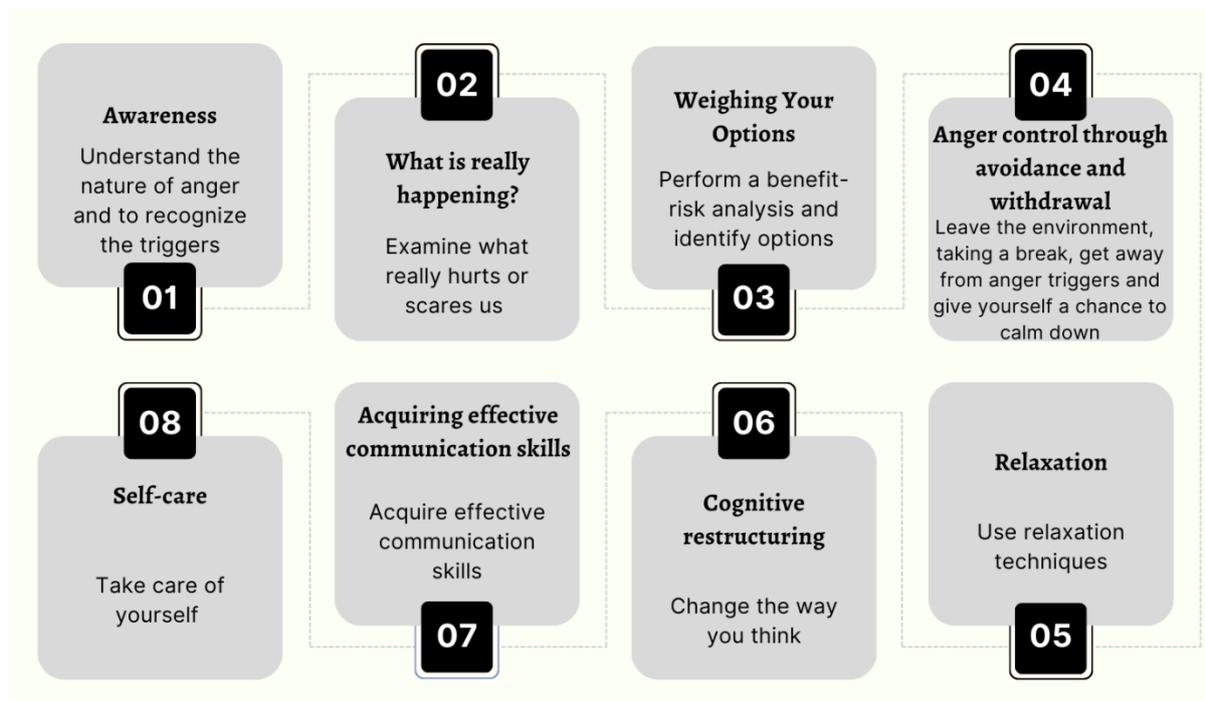


Figure 1. Steps to be followed in CBT-based self-help techniques in anger management according to the results of the reviewed studies

Awareness

The first step is for the individual to understand the nature of anger and to recognize the triggers, cues and anger reactions that cause anger. If you can see patterns and dysfunctional thoughts about your anger, then perhaps you can do something different about these situations besides anger. To increase your awareness of anger, ask yourself these questions: “When are you most likely to be angry? Where and when does anger arise? What events or situations make you angry? What memories or images trigger your anger? What do you think when you get angry? How do you feel emotionally and physically when you get angry? How do you deal with the situation that angers you?” Answering these questions will help you learn about the nature, causes, and consequences of anger, thereby improving your anger management and problem-

solving skills with a greater sense of self-awareness and personal control. It is recommended to record these questions and your answers, write them down and keep a diary for your evaluation (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

What is really happening?

The second step is to examine what really hurts or scares us when our rules are broken, when we are blocked, when we believe we have been treated unfairly. Some rules are more central and important to us, some are less important. It may be necessary to understand these and to discover what is being violated and what is actually making us angry in the background. Ask yourself, "What is really hurting me? What am I reacting to? What is really pushing me? Is this a fact or is it just my opinion? Am I perceiving things out of proportion? How important is this really, how important will it be in 6 months? What would it really hurt me? Am I expecting something unrealistic from this person or situation? What's the worst (and best) thing that could happen? Am I jumping to conclusions about what this person means? Am I reading between the lines wrong, is it possible they didn't mean it? What is the big picture?", These questions can help you realize your false thoughts or beliefs. Your answers to questions may reflect a general belief about others or yourself. You may notice unrealistic judgments such as "People are rude and insensitive, so I'm the victim, I can't do anything about it". Recognizing this can help you change your perspective and stereotyped beliefs. At this point you can really examine the idea: "I have no proof that I need to change people. Each person is responsible for their own beliefs, behaviors, attitudes and assumptions. Perhaps it would be better if I saw this situation as an attempt to help me, a suggestion he made to me, not as a violation. Maybe I can see myself not as a victim, but as someone who is helped." (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

Weighing Your Options

Instead of always having the same reactions to triggers that can cause anger, thinking about possible options for each event can help you choose a different response. There are countless things in our lives that we cannot control; the weather, the past, other people, intrusive thoughts and physical sensations, even our emotions. The good news is we can choose what to do with anger and we can control it. A useful technique for making such a choice is a simple benefit-risk analysis. Think of someone who deals with anger in a way that you can admire. What words would you use to describe it? Calm, cool, assertive, controlled, forgiving, etc.? Then ask yourself these questions: What are the advantages or disadvantages of being like him when faced with situations that may lead to anger? What are the benefits or harms of anger? What is the cost of anger to me and my life? Then ask: Do the benefits of anger outweigh the harms? Are they approximately equal? Or do the harms of anger outweigh the benefits? Weigh this. Then imagine the benefits of being like the person you think of in your mind. Remember that the true cost of

anger can be devastating. We can be angry, aggressive, passive-aggressive or calm, controlled, and cool. This is our choice. Anger can accelerate our reactions; in that case the negative reactions can outweigh and seem like we have no choice. Still, we need to realize that we have control, see these suggestions as viable options, and empower ourselves (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

Anger control through avoidance and withdrawal

Once your anger reaches a certain level, it may be important to leave the environment before the situation worsens. The point of taking a break is to get away from anger triggers and give yourself a chance to calm down. This allows you to turn off your brain's alarm system and give yourself a chance to start thinking clearly again. The key here is to really calm down when you take a break, come back and resolve the situation constructively. It may be helpful to explain to your friends, colleagues, and family that you are using the time-out method so they can better understand you when you say you need some time to yourself. It may not be possible to explain this as soon as you get angry. So it might be a good idea to share this with your loved ones when everyone is calm and there is no anger yet.

When you feel the herald signs of anger (thoughts, feelings, physiological changes related to anger), "stop". Breathe, don't react automatically. Get up calmly, leave the environment, walk away. In the meantime, just walking away and thinking objectively about the subject that makes you angry can be effective, as well as spending this time away with an activity that distracts your attention, uses humor or helps you relax. You can think of alternatives like counting, taking a shower, doing gardening, listening to a pre-made playlist, exercising, watching a funny video. These techniques lead to the disappearance of anger by removing you mentally and physically from the environment. To see if your break is enough, you may check if you feel calmer, ready to assess the situation or start talking to people. Breaks are short-term solutions to anger management. As you master anger management on your own, you may find that your break time gradually decreases (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

Relaxation

Just as our body is strongly affected by our emotions, our physical condition also affects our mood. If we can control our physical condition, it will be easier for us to control our emotions. Anger is often manifested by increased emotional and physical excitement. Relaxation techniques such as taking slow deep breaths or gradually tensing and relaxing each muscle group aim to reduce this excitement and can help reduce anger by providing calmness. Relaxation techniques include taking slow deep breaths, slowly repeating a calming word or phrase, imagining a

personal image of relaxation, or focusing on muscle tension and consciously releasing it. These are techniques that you can practice on your own at home until you feel comfortable.

When you start to realize that you are angry, you can practice breathing techniques by following these steps: Start breathing slowly and deeply, try counting while you breathe. Inhale for three seconds, hold this breath for one second, and then exhale for three seconds. Breathe in through your nose and out through your mouth. As you focus on your breathing, try saying a calming phrase in your mind, such as "relax, calm down." Continue the breathing exercise until you calm down. The point of this technique is to turn off your brain's alarm system so you have time to think before you react. Breathing slowly and deeply sends a signal to your brain that all is well. Being calm will help you express your emotions in a healthy way.

When you get angry, you may find that there is a lot of tension in your body. This is part of the fight-flight-freeze response. Muscle relaxation exercise will help your body relax. Doing this exercise will also help you better understand when your muscles are tense, which is an early warning sign for anger. Lie on your back or take a comfortable sitting position. Stretch the muscles in the right hand and arm, left hand and arm, right leg and foot, left leg and foot, abdomen, chest, back muscles, shoulders, neck and throat and face in order. Breathe in and hold your muscles tense for a few seconds as you do this. As you exhale, release the muscles in whatever part you have tensed and allow them to relax. For muscles in different parts of the body, repeat the process of stretching as you inhale and relaxing as you exhale. Focus on one area at a time (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

Cognitive restructuring

Simply put, it means changing the way you think. Angry people tend to curse or speak in highly colorful terms that reflect their inner thoughts. When you are angry, your thoughts can be very exaggerated and overly dramatic. Try replacing these thoughts with more logical ones. Realizing the wrong ways of thinking that we suggested at the beginning is also related to the step. For example, instead of saying to yourself, "oh, this is terrible, everything is ruined," say, "this is frustrating and it's understandable that I'm upset about this, but it's not the end of the world and I'm feeling frustrated right now." Be careful not to use words like "never" or "always" when talking to yourself or anyone else, as in "this damn machine never works" or "you always forget things". These firm judgments are not only wrong, but they will also make you feel that your anger is justified and there is no way to fix the problem. It can also turn people away from you who might be willing to work with you on a solution. Remind yourself that getting angry won't fix anything, it won't make you feel better, it can actually make you feel worse. Logic beats anger because anger can quickly become irrational, even when justified. So use strict logic rules. Remind yourself not that the world is against you, but that you are just facing one of the challenges of everyday life. Do

this whenever you feel anger is taking over, it will help you take a more balanced perspective. Angry people tend to demand things like justice, appreciation, understanding, a willingness to do things their own way. Everyone wants them, and we are all hurt and disappointed when we don't get them, but when angry people demand it, and their demands aren't met, their frustration turns to more intense anger. As part of their cognitive restructuring, angry people need to recognize their demanding nature and transform their expectations. When you don't get what you want, you will experience normal feelings like disappointment but not anger. Some people use this anger as a way to avoid feeling hurt, but this does not mean that the hurt is gone (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

Acquiring effective communication skills

Having effective communication skills can prevent misunderstandings caused by our faulty thoughts. Instead of focusing on your own conclusions in communication, listen to the other person and, ask questions, repeat what you hear in your own words and check whether you understand him/her correctly. This allows you to clarify if you misunderstood. It can prevent anger before it occurs. Take the time to listen to other people's perspectives, acknowledge and respect that others have the right to say no to you, just as you have the right to say "no". Express your views and feelings openly and respectfully, be open to criticism, be willing to compromise with others, and forgive yourself and others for making mistakes (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

Self-care

Taking care of yourself will help you maintain your physical, emotional and mental reserves when it comes to preventing and managing anger. Take time to do activities you enjoy. Do activities that will relax you (reading a book, watching your favorite TV show, going to the movies, painting, taking a bath, etc.). Getting support and good relationships with friends and family, talking to them about your difficulties, socializing and doing activities can help you cope and improve your mood. Also, remember that insomnia and hunger are associated with anger. For a good sleep, avoid daytime naps, avoid smoking and caffeine, adopt a regular sleep time, and ensure that the environment is quiet, light-free and comfortable. Do not stay hungry for a long time, do not skip meals, always have healthy snacks with you instead of sugary snacks (Deffenbacher, 2011; Cotterell, 2021; Knaus, 2021; Karmin, 2021).

DISCUSSION, CONCLUSION AND RECOMMENDATIONS

Self-help techniques and the use of cognitive behavioral interventions in anger management are effective and feasible. Understanding the nature of anger, recognizing him/herself and his/her anger, and seeking help for anger management will be the first step for

an individual to experience and express anger in a healthy way. Anger management is a skill. Learning anger management, like any skill, takes time. It should not be forgotten that to master a skill, it is necessary to try again and again, not to give up when things go wrong, to take time to practice and to ensure continuity. Anger will always be in our lives. Getting rid of anger is not something you can do. However, what you do with anger, how you approach it and how you manage it is in your control and you can change it. Although this study was written for the clients of the counselors in anger management and for the individual benefit of the people, it is recommended that a structured handbook or guide be created and brought to the Turkish literature. It has been seen that it is necessary to create a handbook or guide in our own language specific to our culture for self-help in anger management based on cognitive-behavioral approach.

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GENİŞLETİLMİŞ ÖZET

Giriş

Öfke; kızgınlık, içerleme, nefret ve kıskançlıkla ilişkili olan yoğun temel olumsuz duygulardan biridir ve kişiye veya kişinin kendi benliğine yöneltilebilir. Öfke saldırganlıkla sonuçlanabilen, herkesin yaşadığı normal bir duygudur ve uygun şekilde deneyimlendiğinde bireyi bir soruna karşı uyarmaya, hayatta kalmaya ve kendini savunma içgüdülerini tetiklemeye fırsat verir. Fakat, sık, yoğun ve kalıcı olarak deneyimlenir ise zararlı, düzgün bir şekilde ifade edilmez veya yönetilmez ise yıkıcı olabilir ve dahası fiziksel, ruhsal ve kişilerarası sorunlara yol açabilir. Bilişsel davranışçı yaklaşıma göre öfkenin oluşmasında bilişlerin önemli bir rolü vardır. Öfke duygusunun ortaya çıkmasına neden olan uyarıcı bir olay veya durum değil, bireyin bu uyarıcıyı algılayış şekli ve yüklediği anlamdır. Bu sebeple öfke evrensel bir duygu olmasına rağmen, öfkenin deneyimlenişi, eşlik eden diğer duygular veya ortaya çıkan davranışsal tepkiler açısından öznel bir duygudur. Herkes öfkeyi hissetme ve ifade etme potansiyeliyle doğuyor olsa da her bireyin kendi öğrenme deneyimleri, bilişsel yapılandırmaları ve sonucunda öfkeye neden olabilecek uyarana verdikleri tepkiler farklı olabilmektedir. Aynı öfke yaratan uyaran karşısında bazı insanlar öfkelerini ifade etme, bazıları bastırma, bazıları öfkelerini ifade ettikleri için suçluluk hissetme, kimileri öfkelerini ifade etmekte zorlanma ve kimileri ise öfke patlamaları yaşayabilir. Bilişsel davranışçı yaklaşıma göre öfkenin deneyimlenmesi ve sonuçlarının meydana çıkması sürecinde tetikleyici olaylar, öfke öncesi durum, değerlendirme süreci, öfke ifadesi, davranışsal bileşenler, öfkeyle ilgili sonuçlar yer almaktadır.

Yöntem

Ocak 2022-Mart 2022 tarihleri arasında “anger, anger management, CBT, öfke yönetimi, BDT” anahtar kelimeleri eşleştirilerek GoogleScholar, Scopus/Elsevier, SpringerLink, PubMed veri tabanlarında literatür taraması yapılmıştır. Derlemede öfke yönetiminde bilişsel davranışçı müdahaleleri içeren 18 kaynaktan faydalanılmıştır ve bunlardan dördü henüz Türkçeye çevirisi olmayan kitap ve rehberlerdir.

Bulgular

Öfke yönetiminde bilişsel davranışçı müdahalelerin etkinliğini değerlendiren çalışmalar incelendiğinde, bu müdahalelerin öfkeyi işlevsel hale dönüştürmekte ve yönetmekte olumlu sonuçlar verdiği ve etki düzeyinin yüksek olduğu görülmektedir. Öfke yönetiminde bilişsel davranışçı müdahaleler birey veya grup terapileri şeklinde uygulanabileceği gibi, bireyin kendi kendine uygulayabileceği müdahaleleri de içermektedir. Özellikle son yıllarda öfke yönetiminde bilişsel davranışçı müdahaleler kendi kendine yardım rehberleri ile uygulanabilmektedir. Öfke yönetimi için kendi kendine uygulanabilecek BDT temelli müdahaleler; farkındalık, gerçekte olan

ne, seçenekleri tartmak, kaçınma ve uzaklaştırma yoluyla öfke kontrolü, gevşeme, bilişsel yeniden yapılandırma, etkili iletişim becerileri edinme, özbakım basamaklarında toplanabilir. Bu basamaklar bireyin öfke yönetiminde kendi kendine yardım için kullanabileceği müdahaleler olmakla birlikte, profesyonellerin danışanlarına uygulayabileceği veya ödev verebileceği müdahaleler de olabilir.

Tartışma & Sonuç

Kendi kendine yardım teknikleri ile öfke yönetiminde bilişsel davranışçı müdahalelerin kullanımı etkin ve uygulanabilir. Bireyin sağlıklı öfke deneyimi ve ifadesi için öfkenin doğasını anlaması, kendini ve öfkesini tanıması, öfke yönetimi için yardım arayışına başlaması ilk adım olacaktır. Öfkeyi yönetmek bir beceridir. Her beceri gibi öfke yönetimini öğrenmek de zaman gerektirir. Bir beceride ustalaşmak için tekrar tekrar denemek, işler yolunda gitmediğinde pes etmemek, uygulamak için zaman ayırmak ve sürekliliği sağlamak gereklidir. Öfke yönetimini otomatik bir davranış haline getirmek için bu gereklilikler unutulmamalıdır. Öfke hayatlarımızda her daim olacaktır. Öfkeyi yok etmek yapabileceğiniz bir şey değildir. Fakat öfkeyle ne yapacağınız, öfkeye yaklaşımınız ve nasıl yöneteceğiniz sizin kontrolünüzdendir ve bunu değiştirebilirsiniz. Bu çalışma her ne kadar öfke yönetiminde danışmanların danışanları için ve insanların bireysel olarak faydalanmaları amacıyla yazılsa da, yapılandırılmış bir el kitabı veya rehberin oluşturulması ve Türkçe alan yazına kazandırılması önerilmektedir. Bilişsel davranışçı yaklaşım temelli öfke yönetiminde kendi kendine yardım için kültürümüze özgü ve kendi dilimizde bir el kitabı veya rehber oluşturmanın gerekliliği görülmüştür.