

When Anger Hurts Your Relationship

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When Anger Hurts Your Relationship

"When Anger Hurts Your Relationship is useful, practical, exceptionally well organized, and insightful. I will certainly recommend this book to my angry couples." —Ron Potter-Efron, Ph.D., Author, Letting Go of Anger and Stop the Anger Now

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When Anger Hurts Your Relationship is a first-aid manual for angry couples. Psychologists and best-selling authors Matthew McKay and Kim Paleg present an array of tools and strategies that couples can use to reduce conflict, diffuse intense rages, and move beyond repeated anger dynamics. Each chapter is chock-full of proven cognitive-behavioral techniques to help couples reconcile their differences and begin to heal from the hurt that's already been done.

When Anger Hurts Your Relationship: 10 Simple Solutions ...

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This new edition of When Anger Hurts is a complete, step-by-step guide to changing habitual anger-generating thoughts while developing healthier, more effective ways of meeting your needs. It includes new chapters on emergency anger control, the interpersonal and physiological costs of anger, road rage, and parental anger.

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9 Signs Your Relationship Is Hurting You More Than It's ...

Relationships have friction from time to time ... our society has turned to anger and negativity as a way to win over another rather than God's ways of love and respect. ... to keep our feelings ...

Relationships have friction from time to time

You can tell when anger is hurting your relationship when it becomes a dominate emotion that you feel when you are with your partner. Anger in a relationship clouds your judgment in that you will have a hard time seeing the other's point of view when having a discussion.

Anger - When Anger Hurts Your Relationship

When you recognize when anger hurts your relationship it must be handled appropriately or it can be destructive. Anger can be considered a negative emotion most of the time meaning that it will lead to negative actions and feelings by the person that is experiencing it.

Anger - When Anger Hurts Your Relationship

Anger is a natural and normal human emotion that tends to make its presence known in any relationship, even if it is not addressed at the person to whom it is being expressed. Unfortunately, anger often rears its head in our interactions with those we love the most, including our romantic partners.

How to Control Anger and Frustration in a Relationship

People feel bad when they get hurt by your spouse or partner. Often arguments or conflict may lead to serious problems in the relationship as a result, we feel bad and hurt. ... 5.Anger, sadness ...

5 Ways to forgive your partner when you are hurt and let ...

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