

5 subtle ways anger shows in therapy

Anger doesn't always show as overt, explosive emotions, it can also appear in very subtle ways, requiring therapist to keenly observe and detect these nuances. Here are some examples:

Self-criticism

Internalised anger often results in feelings of shame and low self-esteem, as the person may struggle to express their emotions outwardly.



Passive-aggressive behaviour

Instead of confronting anger, individuals may resort to tactics like giving the silent treatment, procrastinating, or sulking. This can create tension in relationships and prevent open communication.



Impulsivity

In some cases, anger may trigger impulsive actions that can lead individuals to make hasty decisions without considering the potential negative consequences, resulting in regret or worsening of the situation.



Physical symptoms

Anger can manifest through symptoms such as tension headaches, muscle pain, or gastrointestinal issues. These bodily reactions can be the result of suppressed emotions, causing stress on the body.



Withdrawal

Withdrawing from social situations or isolating themselves can be a client's way to cope with overwhelming emotions, but it may also lead to feelings of loneliness and further exacerbate the anger.



Given the complexity of anger, it's crucial to hone clinical skills in assessment and intervention when working with clients.