

MEN'S MINDS / ANGER & WHAT MAY SIT BENEATH IT

# When Anger Is the Emotion You Can Access

Anger can be the emotion that is easiest to recognise or express, especially when something more difficult is happening underneath. Hurt, fear, shame, grief, rejection, exhaustion or overwhelm may all be part of the picture. Understanding this can help you choose what to do next; it does not make harmful behaviour acceptable.

## You might recognise

|                                         |                                               |
|-----------------------------------------|-----------------------------------------------|
| Feeling hurt, rejected or misunderstood | Fear or anxiety showing as irritation         |
| Shame or embarrassment                  | Grief, loss or powerlessness                  |
| Feeling overwhelmed or exhausted        | Noticing anger builds after a stressful event |

## A small next step

When you notice anger rising, create space if you can. Pause the conversation, move somewhere safer and return to it when you are calmer. Later, ask yourself: “What happened just before I felt angry, and what else was going on for me?”

## Where to turn for support

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| <b>Space to Breathe Therapy</b>                                                                                                                                                                                                                         | If something here feels familiar and you feel a connection with Space to Breathe Therapy, you're welcome to get in touch and explore whether support feels right for you.<br>07761 272645   <a href="mailto:maggie@spacetobreathetherapy.co.uk">maggie@spacetobreathetherapy.co.uk</a>   <a href="#">Contact page</a> |
| Talk it through with support<br>A GP or therapist can help you understand patterns, practise ways to respond and explore what may be underneath the anger. You can begin without knowing the whole story.<br><a href="#">Find mental-health support</a> | Health and emotional support<br>If you are afraid you may hurt yourself or someone else, step away from the situation and get urgent help. In England call NHS 111 and select the mental-health option; if anyone is in immediate danger call 999.                                                                    |

Urgent help in England: If you need urgent mental-health help and it is not an emergency, call NHS 111 and select the mental-health option. If you or someone else is in immediate danger, call 999 or go to A&E. Samaritans offer free, 24-hour listening support on 116 123. Elsewhere in the UK, use your local urgent mental-health service.  
Sources: [NHS - finding mental-health support](#) | [NHS - urgent support](#)