



# WHY AM I SO ANGRY?

HOW TO HANDLE ANGER AND AGGRESSION

ENGLISH



## **WELCOME!**

It's not easy to resume a normal life after difficult experiences such as violence at home or in foreign countries, war situations or becoming a refugee. Many things change and sometimes you may not be sure about yourself anymore.

## EMOTIONAL INJURIES – TRAUMA

We all know injuries of the body: bruises after being hit, burns when our skin has come into contact with something too hot, cuts when something sharp or spiky has touched our skin...

In the same way our body can suffer from injuries, also our soul can be injured. Injuries of the body are usually visible. Emotional injuries are invisible and therefore much harder to understand: for the injured person as well as others. This story is about such an emotional wound.

Are there things that makes you very angry – sometimes without reason? Is there something that makes you really sad and you don't want to talk about it? Are there

others who cannot understand why you don't feel like doing something you liked doing before? Do you just want to be left alone – or on the contrary – need someone close by? As you will see, other young people know what you are going through from own experience!

Some of us have experienced violent situations in which we or others close to us have been hurt. It makes us angry and very often there is no space for this anger. We want justice but often don't know where to get it. This makes the anger grow in a way that we sometimes are scared of ourselves and don't want to feel it. Then it happens that this anger just bursts out.

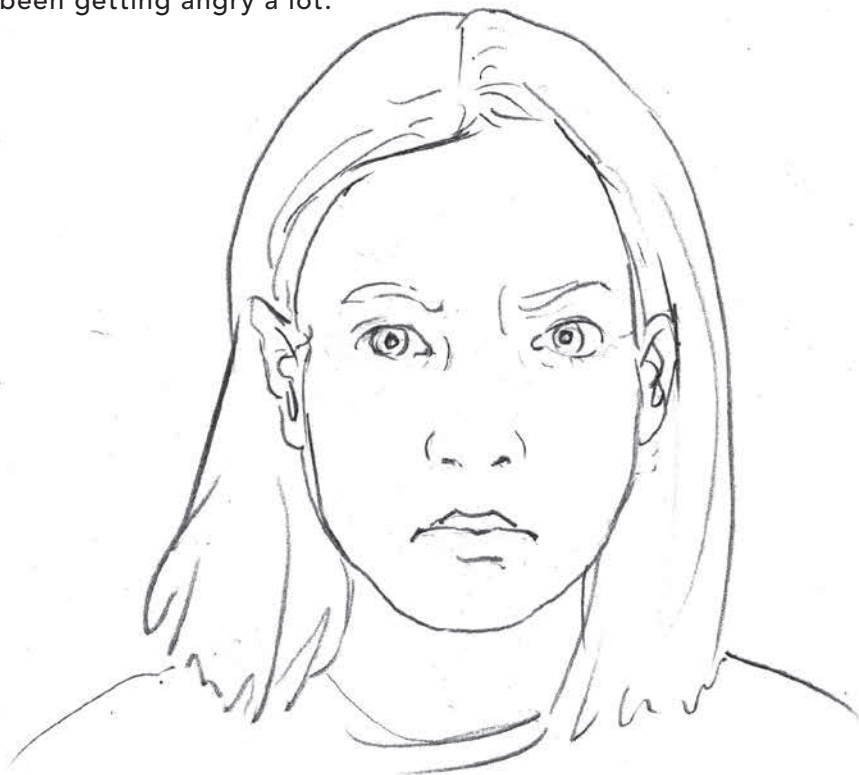
This story is about anger and how it relates to earlier experiences and not to the little mishaps in our daily lives. In this story we give you ideas on what to do when the anger is about to burst out and how to control it better. The anger after being hurt is real. Together, we will find a way to get out of this cycle of violence.

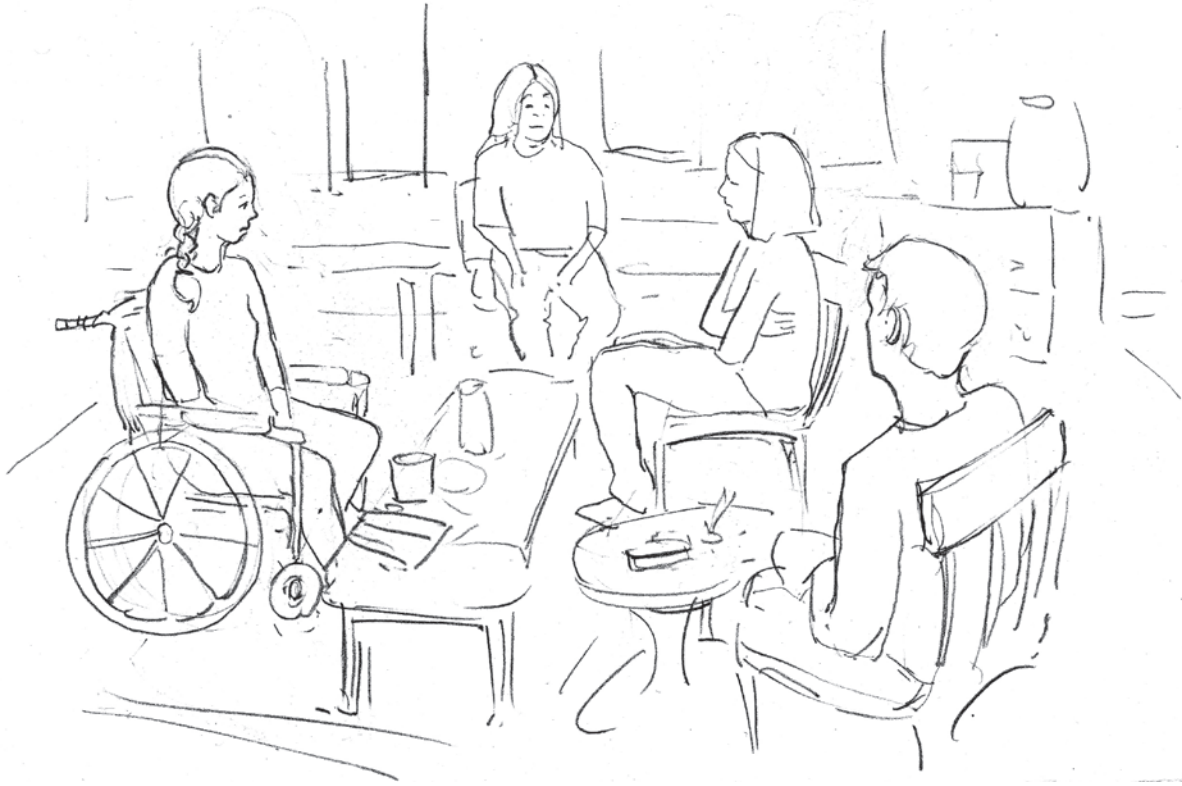
### GENERAL CONCEPT:

*In several stories we talk about problems after emotional injuries – about sleeplessness, anxiety, anger, feeling aggressive or sad, grief, difficulties remembering things and concentrating, distressing memories and other topics. We also offer suggestions about what could help.*

This is Lana. She is 16 years old.

Lately she has been getting angry a lot.







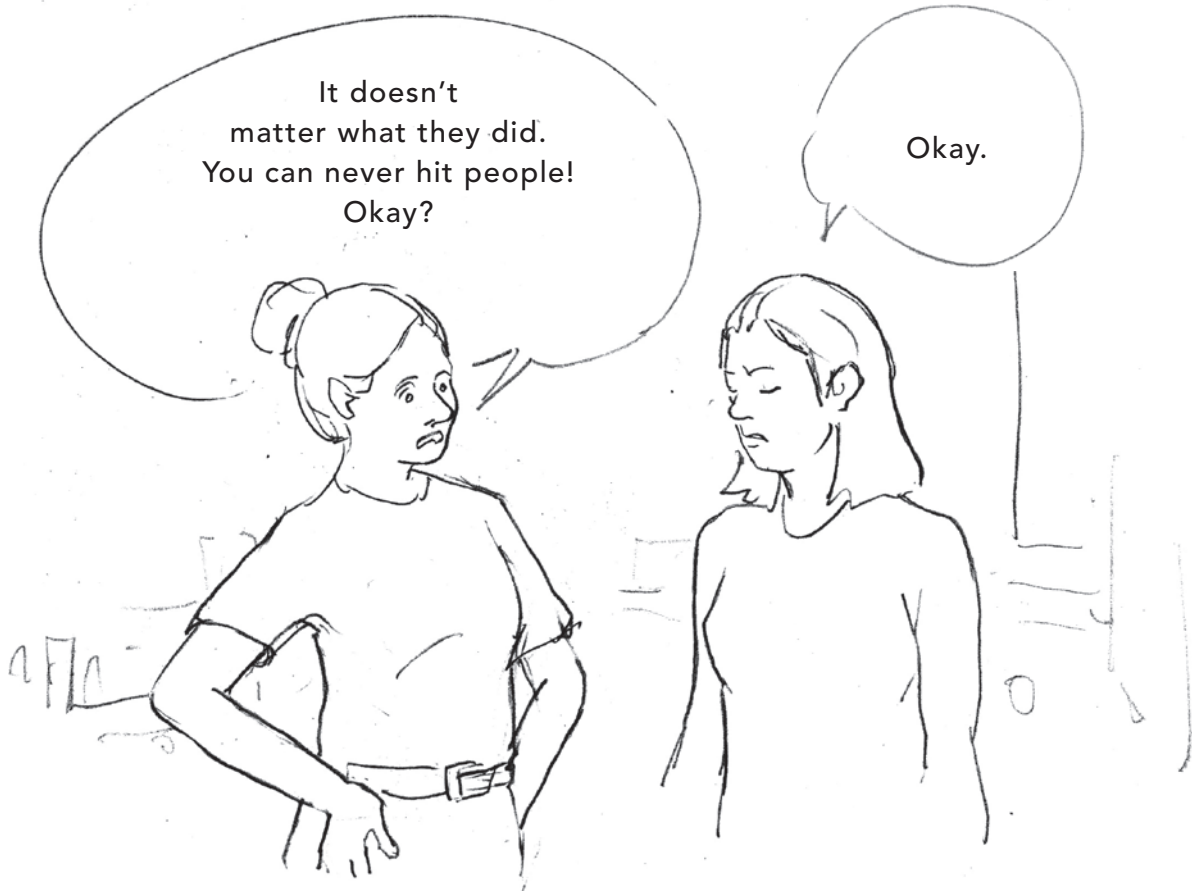














A little while later ...





I'm really sorry.






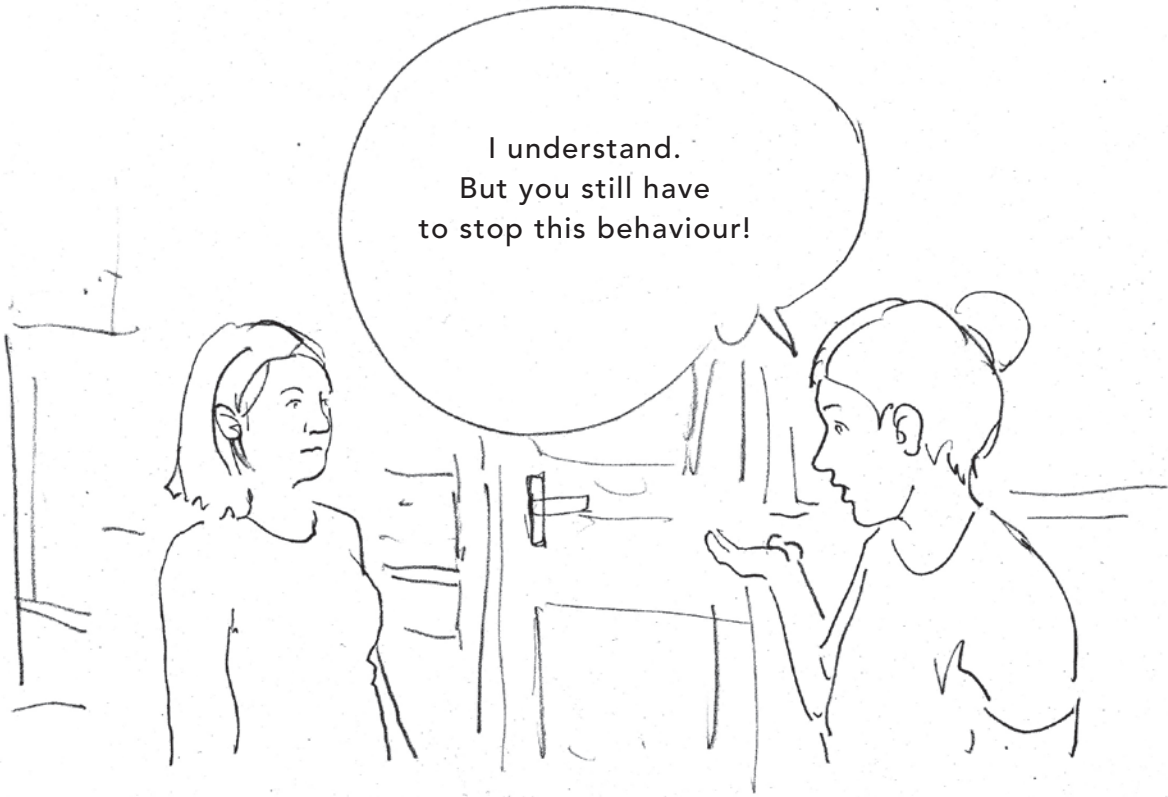
10 minutes later ...







I'm sorry! I don't know what got into me. I wasn't always like this. I have only been that way since all the bad stuff happened...









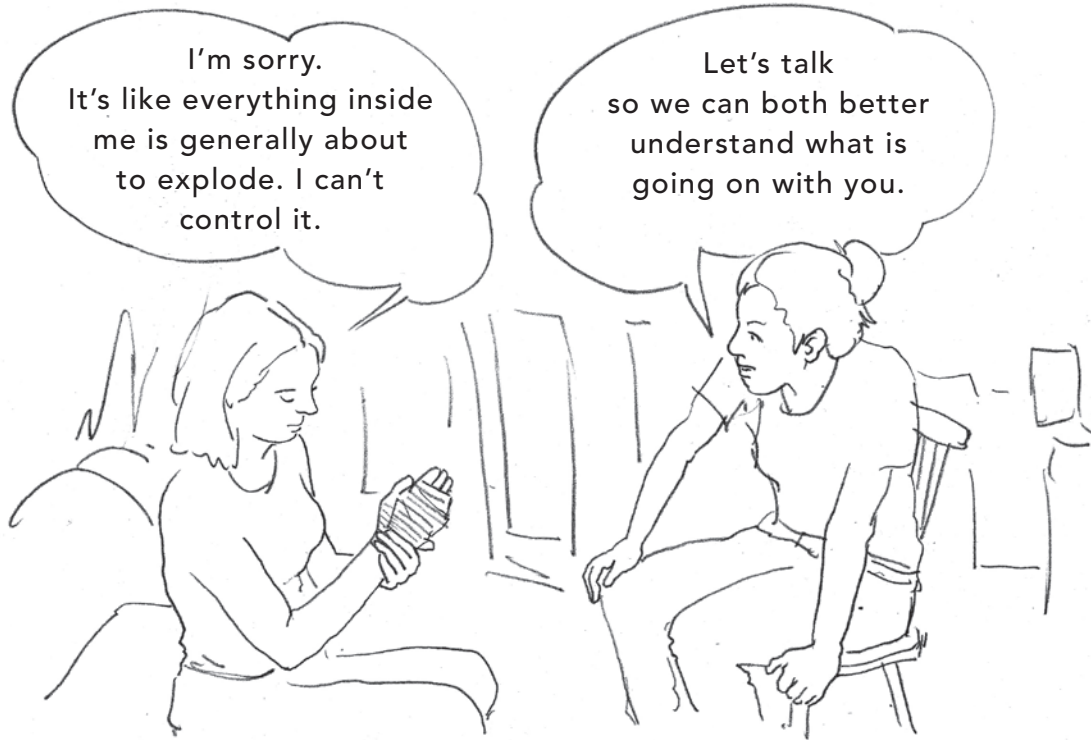
Ouch!

Now I feel relieved  
somehow.

Why?









I am very sorry about what happened to you and your family. It's not fair that you had to go through something like that. I hope you will get justice one day.

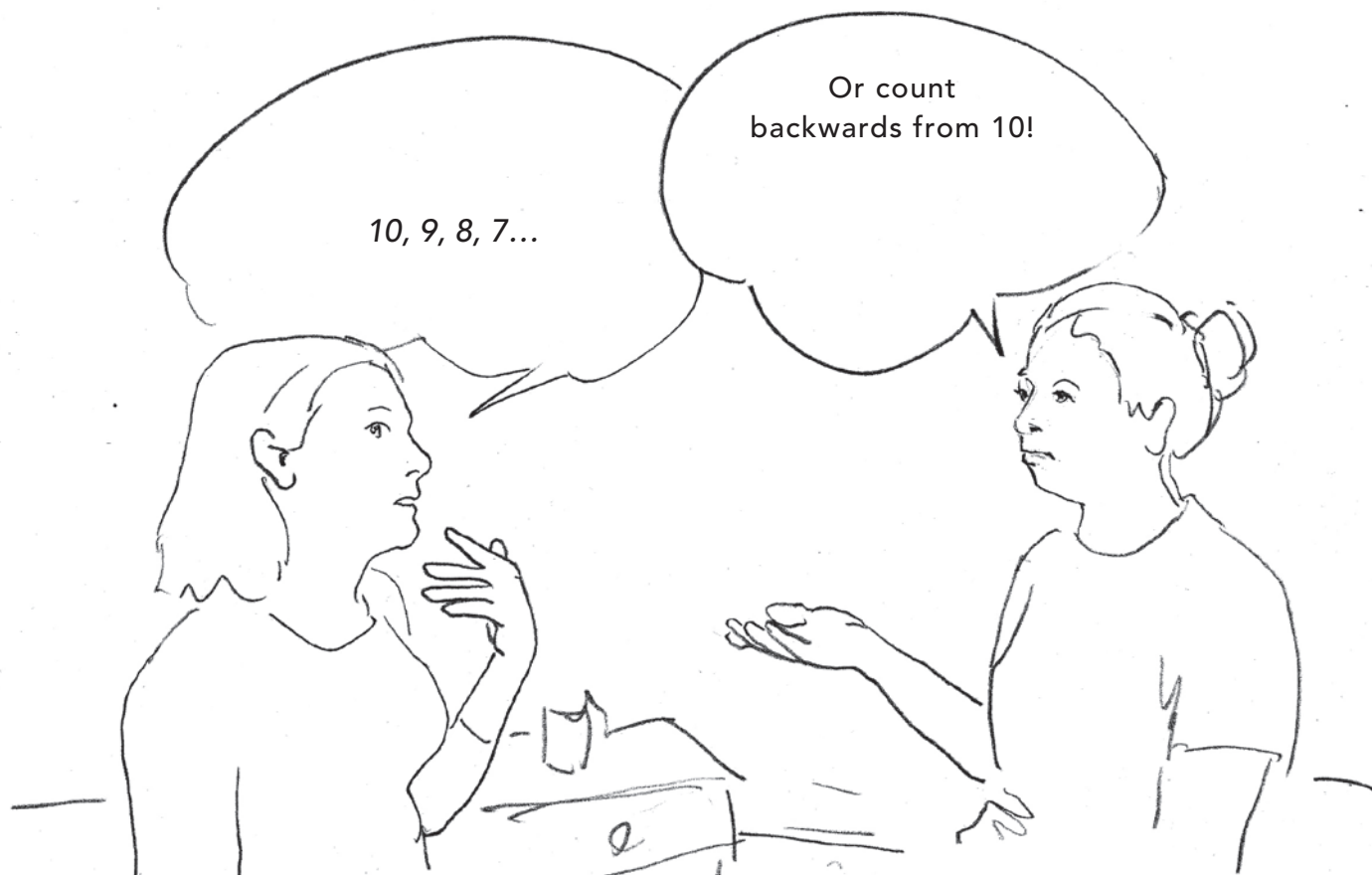














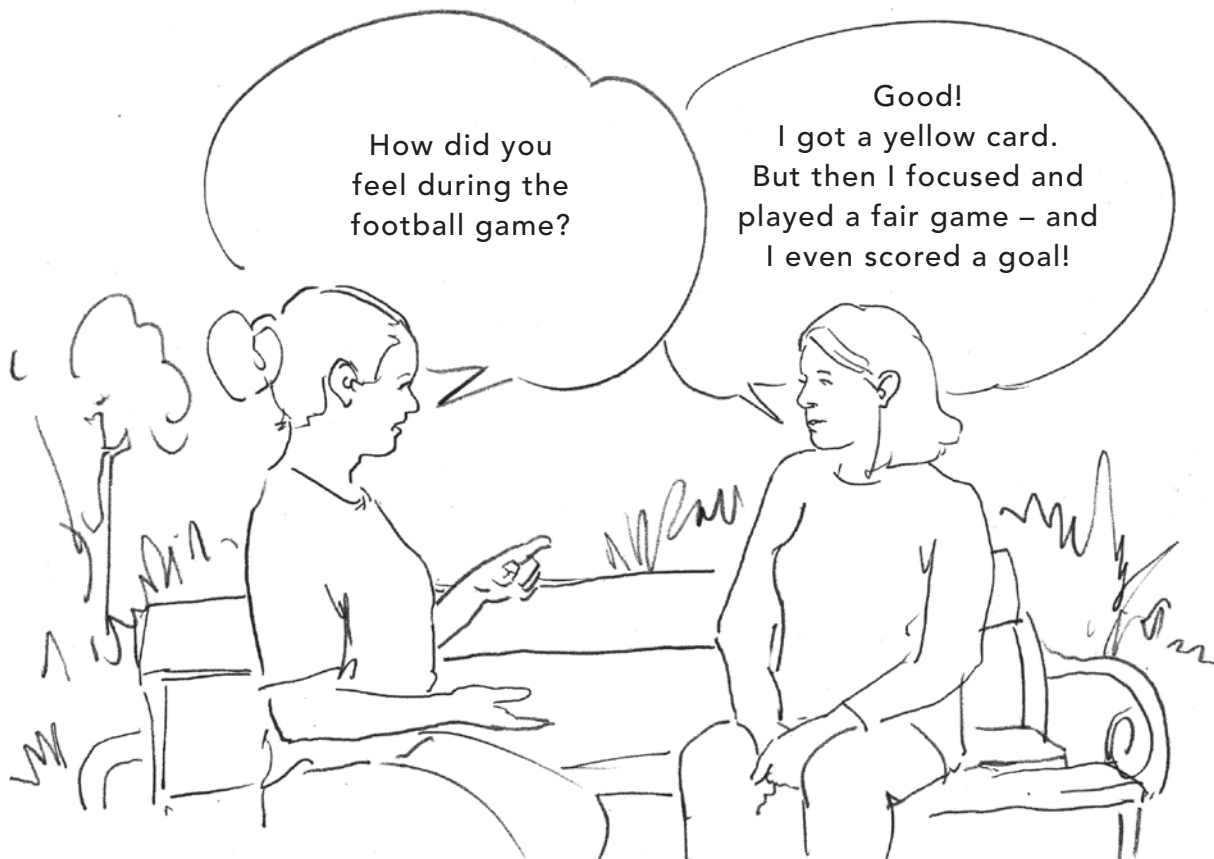


The next day.





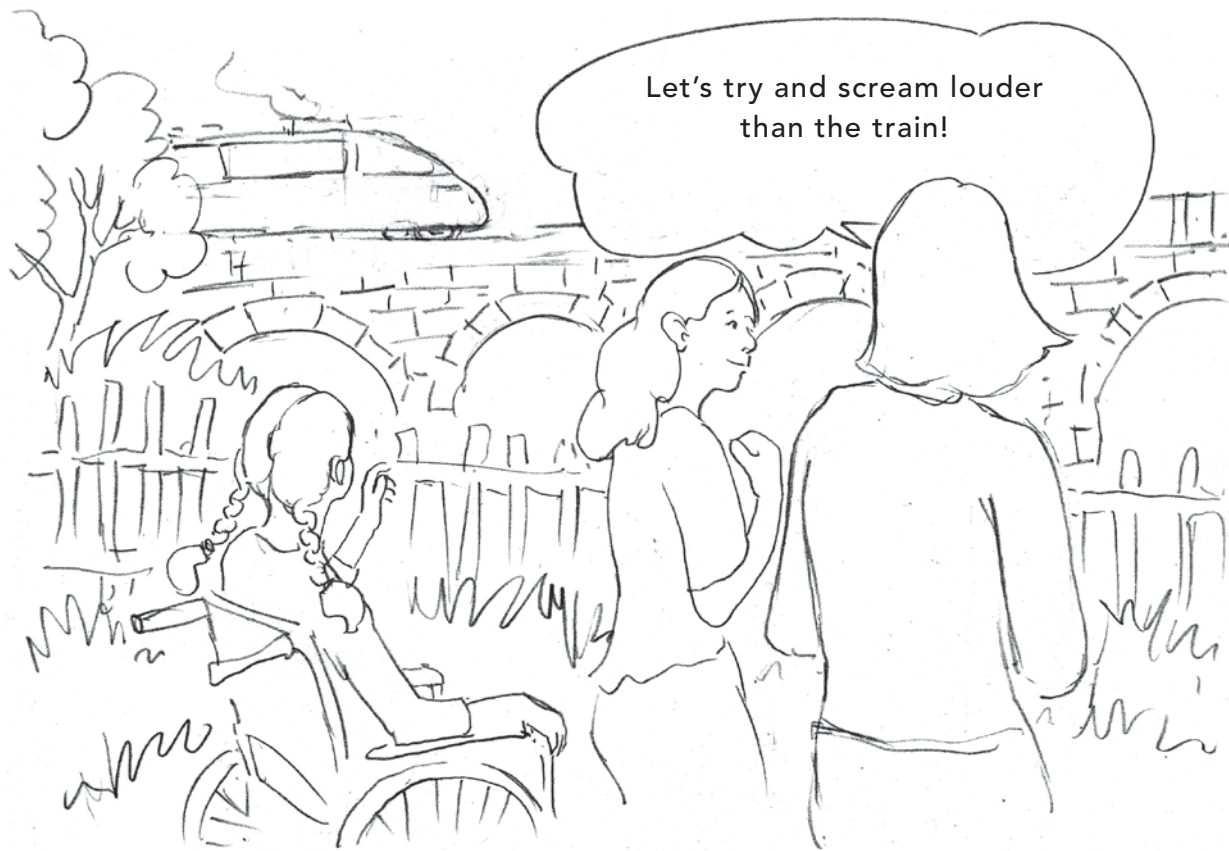




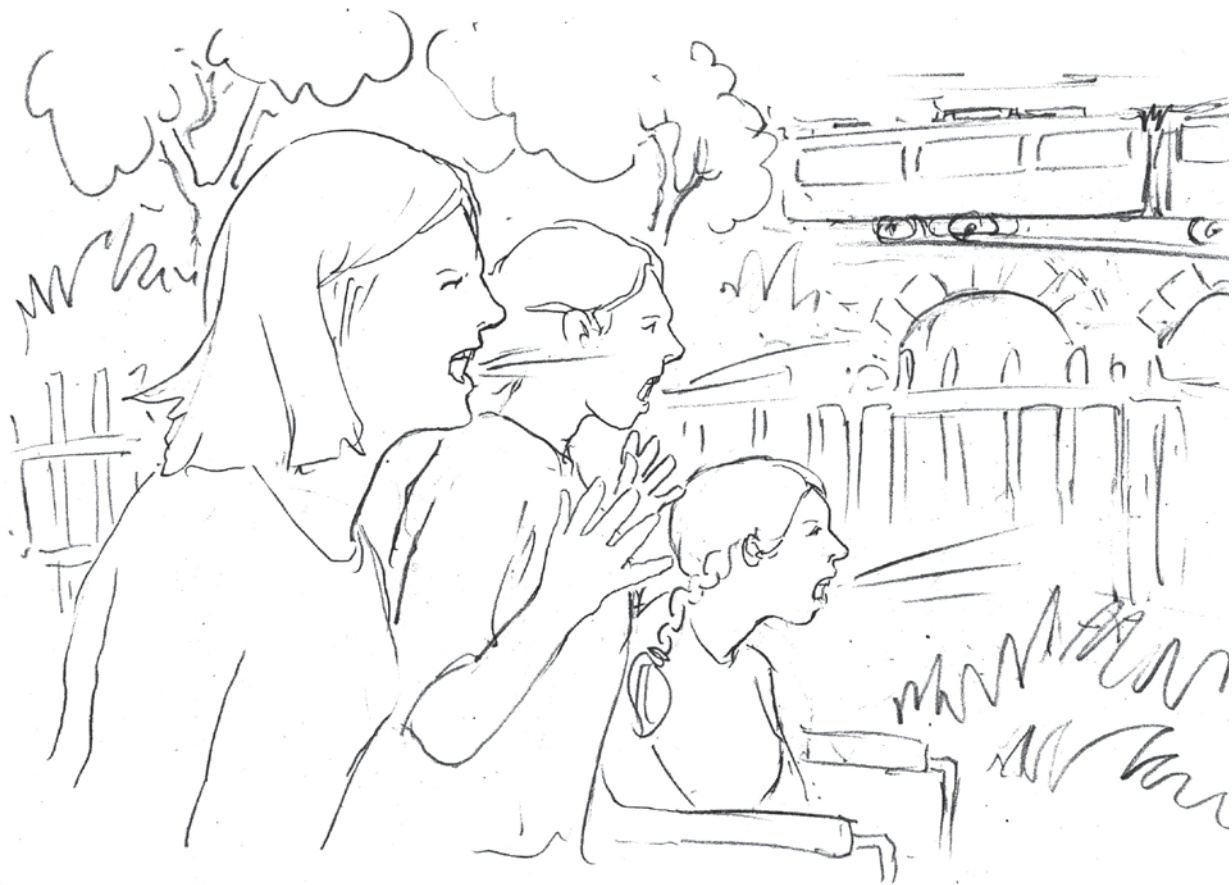




A few days later.










Lana paints her feelings.







How are you doing with your anger now that you have tried out a few different approaches?

Better.  
But sometimes I still want to punch stuff.







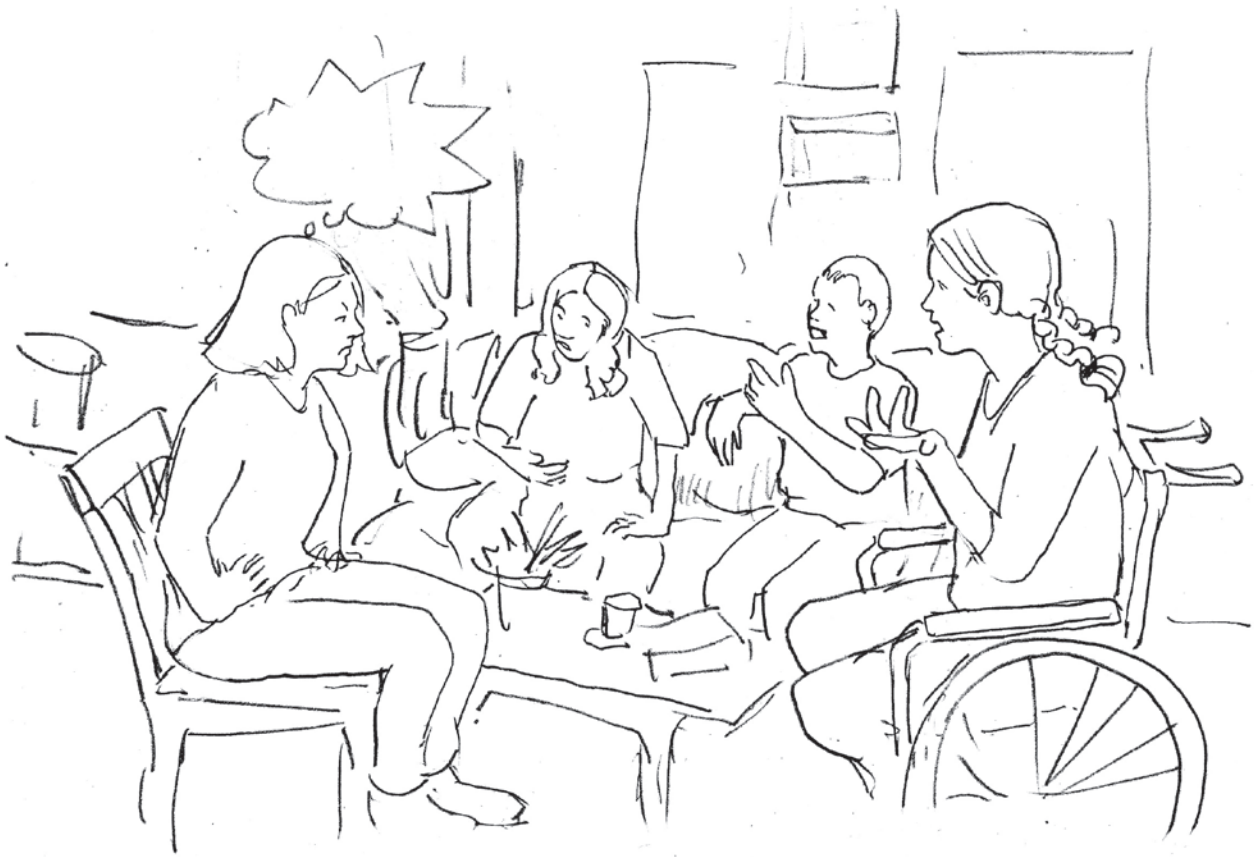


Some time later.





A few days later.



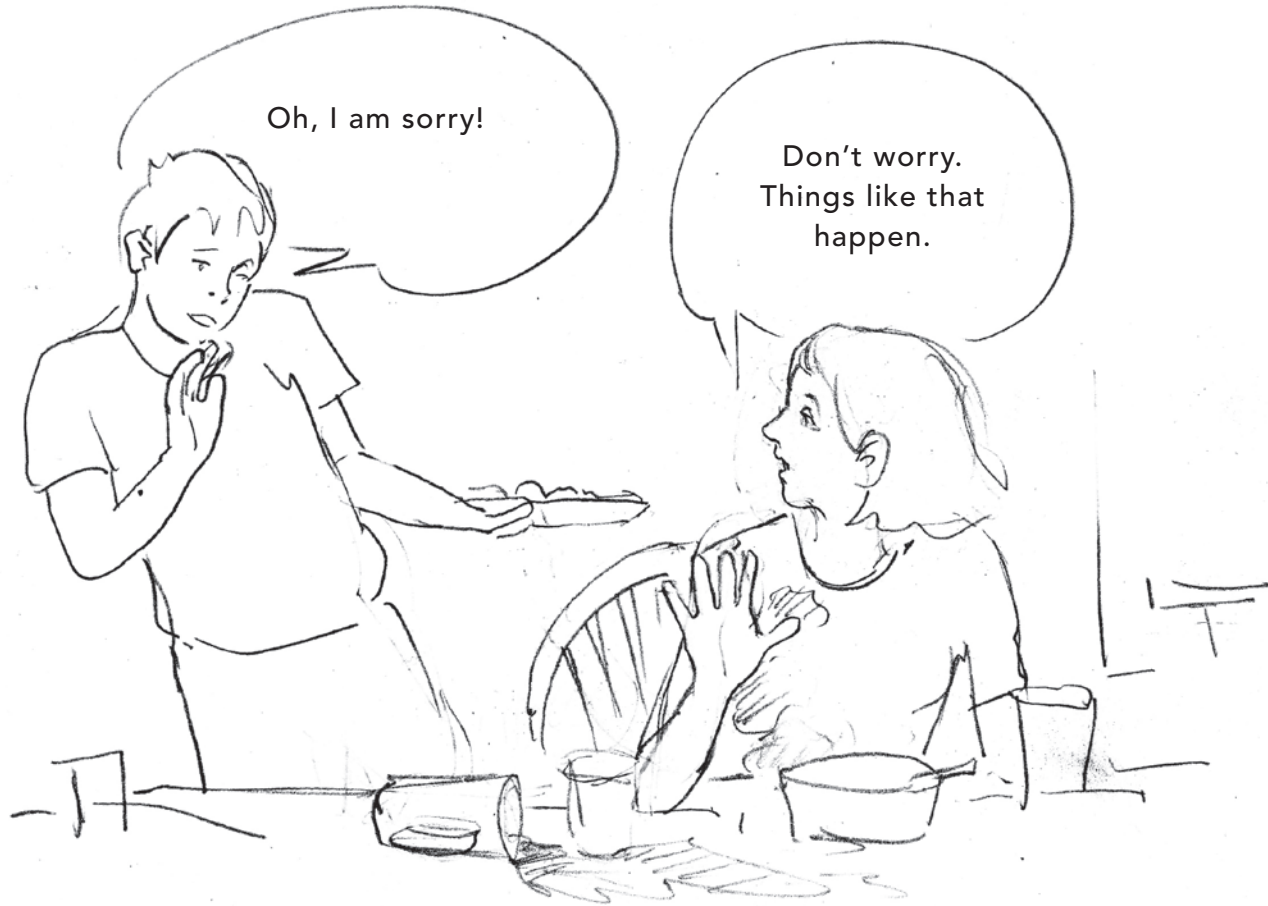






Some days later.













## HOW DO DOCTORS, THERAPISTS AND COUNSELLORS HELP?

Sometimes you feel bad without knowing exactly why. In such moments, it is good to have someone who can listen, understand and help. Such a person might be a family member or friend. When we are confronted with major problems, it is also a good idea to see a doctor, healer or so-called psychologists, psychotherapists or psychological counsellors.

Especially after having gone through bad experiences, it can help to talk to and seek the support of therapists, psychologists or psychological counsellors. You can talk about things that preoccupy and worry you. But you do not have to, if you do not feel like talking about it. Be assured everything you say during a session is kept confidential. They will listen to you, and if you want to express something but cannot find the right words, there are also other options such as painting, playing games etc. Such a therapy or counselling programme is usually based on regular appointments. If you run out of time, you can always continue in the next session.

Go to our website to find out what we can offer in your area:

[WWW.ACT-N-O-W.COM/TRAUMA-SUPPORT](http://WWW.ACT-N-O-W.COM/TRAUMA-SUPPORT)



## **About this booklet**

This booklet was conceived and realised by the NOW Working Group Trauma Surviving, an interdisciplinary and international group of experts in the field of trauma survival:

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The purpose of this publication is to provide young people with an understanding of the impact of grief. In order to reach as many young people as possible, we are looking for partners interested in distributing this booklet, currently available in several languages:

German, English, Arabic, Dari-Farsi, ...

For further information please get in touch with [office@act-n-o-w.com](mailto:office@act-n-o-w.com).

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