

Why Anger Control Strategies Don't Always Work

- If you do not address issues fueling the anger, anger control techniques won't work.
- Surface anger can mask other problems.
- Children may enjoy the feeling of control and power that anger provides.
- Children may lack the cognitive ability to control their anger.
- Anger outbursts are a normal manifestation of emotional changes in children.
- Children can learn to control their temper, not eliminate anger.
- Parents must address their own mindsets.
- If anger is reinforced, a child will not learn to control their temper.
- Parents may be a part of the anger cycle.
- The adult doesn't "like" the child, must build positive connections.
- Children may not be motivated to control their temper.
- Need to practice anger control strategies.
- Parents are busy, not enough time to proactively work on anger control.
- Children associate anger control techniques with being in trouble.
- Lack of resources