

I Am So Angry All the Time

Anger is information, not a flaw

- Feeling angry all the time is exhausting, but anger itself is not the enemy. It is usually a signal that something is wrong.
- Chronic anger often masks another feeling: grief, fear, shame, betrayal, loneliness, or being overwhelmed.
- Naming anger as a symptom, not a personality, gives you something you can work with.

Common roots of constant anger

- Unmet needs: sleep, food, safety, rest, connection, or a sense of control.
- Boundary problems: saying yes when you mean no, or carrying responsibilities that are not yours.
- Unresolved loss or trauma: anger can be the body holding what words cannot yet say.
- Depression or anxiety: irritability is a frequent, overlooked symptom of both.
- Physical factors: chronic pain, hormonal shifts, certain medications, alcohol, or caffeine can lower your anger threshold.
- Environment: ongoing injustice, financial stress, caregiving load, or a toxic relationship.

Ask yourself what anger is protecting

- Am I hurt underneath this?
- Am I scared something important is being ignored or taken away?
- Am I tired and have nothing left to give?
- Am I reacting to a current situation, or to something older it reminds me of?
- These questions do not fix anger, but they help you aim it more accurately.

What to do in the moment

- Name it out loud or write it down: 'I am angry right now.' Naming reduces intensity.
- Slow your body first: breathe in for 4 counts, out for 6, for one minute.
- Step away before you act. A few minutes of space can prevent hours of regret.
- Do not make big decisions while furious. Anger narrows perspective.
- Move your body: walk, stretch, shake out your hands, or run if you can. Physical release helps reset the nervous system.

Longer-term steps that help

- Track your anger for one week: time, trigger, body sensation, and what you did. Patterns will appear.
- Identify one boundary you can start enforcing in a small, specific way.
- Reduce the fuel: prioritize sleep, cut back on alcohol, and limit caffeine if it makes you edgy.
- Practice one grounding technique daily so it is familiar when you need it.
- Tell one safe person what you are noticing. Isolation feeds anger; connection softens it.

When to reach out for help

- If anger is damaging your relationships, job, or health.
- If you feel close to hurting yourself or someone else.
- If anger comes with hopelessness, numbness, or thoughts of suicide.
- A therapist can help you understand the root and build skills. A medical checkup can rule out physical contributors.

**If you are in
danger right
now**

Call or text **988** for the Suicide & Crisis Lifeline. If there is immediate danger, call **911** or go to the nearest emergency room.

This guide is educational information only. It is not medical, psychiatric, or crisis advice. If you are thinking about hurting yourself, contact 988 or 911 now.

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