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"Sometimes I just can't control myself, then I say or do things I later regret..."

We all have experienced anger and know what it is to lose your temper, but at what point is anger out of control or harmful to others or ourselves?

Anger involves a set of feelings ranging from mild annoyance and irritation to being furious or enraged.

Anger is reflected in how you think and is frequently connected to thought patterns, such as believing that you have been unfairly violated, believing that you shouldn't have to put up with negative or frustrating events, thinking of justifications for angry or aggressive behavior, or turning over and over in your mind how badly and unjustly you have been treated.

Anger is a powerful emotion, which can drive us into all sorts of extreme behaviours.

The obvious, more problematic forms of anger expression are assault – hitting, slapping, punching, or kicking others or objects.

Other forms are expressed through verbal assault, which involve putting people down, name calling and making cutting remarks.

As anger escalates so does the likelihood of negative consequences, such as people

sustaining injury, but also less obscure health consequences, for example, high blood pressure or coronary artery disease. What people become angry about, how angry they get, the form anger takes and the targets of their anger are mostly learned through early parent-child interactions. Our families, friends and the broader community teach us certain situations that are threatening, insulting or frustrating.

There are positive ways in which you can express your anger as normal, natural and expected rather than "blowing up" when you get angry.

Express your feelings but try to also listen to the feelings and suggestions of others, using these to seek a mutually satisfying solution.

Think before you respond – delay your responses to consider the consequences of what you might say or do. Take time out – distance yourself from the provoking situation until you can communicate or express yourself calmly.

If you are feeling well and in a calm, relaxed state of mind you are much less likely to become angry.

Being sick, fatigued, hungry, stressed, worried, anxious, or tired can increase the odds of reacting with anger.

Control your anger by finding a way to calm down through relaxation.