

Anger in Our Teenagers and in Ourselves AnGeR IS One LeTTeR AWAY FROM DAnGeR Anger in teenagers is often one of the most challenging emotions for parents to manage. Do my thoughts rely on absolutes like "must," "should," "always," or "never"? Are my expectations realistic? What unresolved conflicts am I dealing with? Am I reacting to feelings of hurt, loss, or fear? Am I aware of the physical signs of anger, such as clenching my fists, shortness of breath, or sweating? How do I choose to express my anger? Who or what is the focus of my anger? Am I using anger to isolate myself or to intimidate others? Am I communicating my feelings effectively? Am I dwelling on what others have done to me rather than on what I can do? How do I take responsibility for my emotions? How do I take responsibility for the ways my anger is expressed? Do my emotions control me, or do I have control over them? A problem-solving activity Form a small group of two or three couples and discuss how you might handle the situation of the young man in the example below. Then, compare your approach with that of the Prophet . A young man once came to the Prophet , asking permission to have sex outside marriage. The companions were shocked and started to tell him off. The Prophet , however, said, "Bring him closer to me." We often criticize others for "talking too much," but rarely for "listening too much." Listening shows care. The more we dominate the conversation, the faster our children tune out. Speak to children at their level instead of looming over them. Show affection--hold their hand gently while talking or offer loving touches--so they feel a strong connection with you and become comfortable expressing their emotions. Activities Questions and responses for parents and teenagers: The first step in recognizing and managing anger is self-reflection. Parents and teens should sit together and ask themselves these questions to develop self-awareness. The goal is to spark discussion, not to provide the "right" answers. Its negative manifestations can include physical and verbal aggression, prejudice, harmful gossip, antisocial actions, sarcasm, addictions, withdrawal, and psychosomatic issues. It can motivate us to address issues in our lives, confront challenges, and explore the underlying causes of our anger, particularly: Reasons for Anger: o Abuse o Depression o Anxiety o Alcohol abuse o Substance abuse o Trauma o Grief Being the Parent of an Angry Teenager Can Trigger Anger Within Ourselves Teenagers encounter many emotional challenges. Talking, however, has many benefits: it builds children's confidence in expressing themselves, improves their ability to articulate ideas, and fosters their capacity to discuss both trivial and serious matters with their parents. Examples include mythical creatures like the dujjerah, su'luwwah, or damiyyah, a jinn-like figure dressed in black with donkey feet. Linda Lebele (Focus Adolescent Services) explores and examines this issue, illustrating it with the following two examples: Example 1: Karen, a ninth-grade student, has been feeling that nothing has any meaning anymore. This transition can cause frustration and confusion, often leading to anger and reactive behaviors in both teens and parents. There are several principles of good communication that can help prevent temper tantrums and power struggles, which often become more common as children grow into preschoolers, school-age kids, and teenagers. Engage your children in intellectual discussions, debates, and comparisons of opinions. While these methods may keep children physically safe, they can create lasting irrational fears of darkness, being alone, confined spaces, animals, storms, or strangers. One reason parents resort to such fear-based strategies is a lack of deep reflection and patience to develop healthier, more effective alternatives. This intense displeasure or

hostility arises from the awareness that they cannot always control situations or outcomes. These behaviors may persist or even intensify until they choose to reflect on the underlying causes of their anger. The goals parents set, the values they uphold, and the effort they invest in their family will only succeed if there is effective communication. When challenges occur, it is important not to let anger, frustration, or disappointment escalate. In the past, oral traditions like storytelling and discussion were central to family and community life, but today, visual media such as television, movies, and video games dominate. Anger can appear in many ways, ranging from irritation and resentment to full-blown rage and fury. For example, Karen suppresses her anger and withdraws, while Chris acts out defiantly and damages property. Such expressions can devastate lives, damage relationships, hurt others, interfere with work, cloud judgment, affect physical health, and jeopardize futures. It can signal that a problem exists, as anger often arises as a secondary emotion triggered by fear. If there is violence, persistent hostility, depression, or a risk of suicide, seek professional help for your teen, yourself, and your family. A Few Principles of Good Communication In a perfect world, everything would go according to plan, but in reality, problems inevitably arise. Even today, some parents still rely on fear tactics, such as inventing imaginary monsters to keep children from going out at night. he shouted