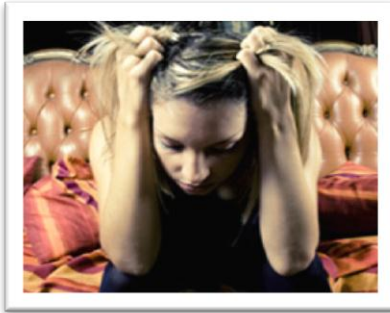


## Anger and Addictions

*An Anger Alternative White Paper based upon the Medol Model<sup>®</sup> principles of managing anger and anger-related behaviors.*



Through sex, work, alcohol, food or drugs, addicts seek escape from their emotions and surroundings. Addictions have long been linked with anger and aggression. Alcohol and drugs can lower inhibitions and be an excuse for bad behavior. Addictive substances can fuel destructive rages, allowing people to express their anger in abusive ways, or they can be a way to dampen unwanted or overpowering feelings.

Historically, substance recovery and support groups have often counseled people in recovery from addiction to avoid situations where they feel angry. Recovering addicts can be overwhelmed by emotions that are raw and new. The recovery process can also bring up past traumas which have been suppressed by addictive behavior.

Being in recovery is an anger condition. An addict is deprived of the crutches they have relied on and has to face the issues they spent years and energy avoiding.

**Anger is a major issue in gaining sobriety and it can be a cause of relapse.**

Dealing with the wounds and losses of a lifetime requires a recovering person to face the pain and deep hurt he has been avoiding and medicating.

By teaching new coping skills using Response Training<sup>®</sup> and Passive Assertive Framework<sup>®</sup>, Anger Alternatives can help you get in touch with your anger.

**We teach tools to respond to anger, to overcome old and destructive behaviors and establish respect-based relationships.**