

“195 Articles About Anger”

This article is from the “Edifying the Body” section of the Church of God Big Sandy’s website (churchofgodbigandy.com). It was posted for the weekend of May 16, 2026.

By Dave Havir

BIG SANDY, Texa—For the past several weeks I found a gold mine of articles about the subject of dealing with anger. I quickly discovered that the location for many of those articles was at a particular website—psychologytoday.com. When I visited that site, I found even more articles to put on a list.

My goal for this article is to give you a comprehensive list of articles about dealing with anger as a resource of material to help you in exploring the topic. The following headlines about the subject of dealing with anger are from many authors who wrote for psychologytoday.com.

- I have listed 195 headlines of articles (written by 49 authors) found at psychologytoday.com.
- I began the list by mentioning 127 headlines of articles written by Dr. Bernard Golden. Because he has written a monthly article at psychologytoday.com since 2016, his material reflects the atmosphere that has existed for the past 10 years.
- The other 68 headlines of articles listed in this article were written by 48 other authors.
- The order of the material in each section is listed from the oldest articles to the latest articles.
- For the record, I have read only some of these articles through the years, and you may choose not to read any—but I wanted to give you an index to help you know about some articles that are available about the subject.
- If you decide to read any of the articles, I have confidence that you will evaluate the material and will decide for yourself with what parts of the articles you agree.

Dr. Golden in 2016

- July 19, 2016—“What’s All the Anger About?”
- August 17, 2016—“What Constitutes ‘Healthy Anger’?”
- September 11, 2016—“What Makes Self-Compassion Such a Hard Sell?”
- October 10, 2016—“Understanding Anger as an Outgrowth of Self-Compassion”
- November 7, 2016—“The Power of Emotions to Override Rational Thought”

- November 23, 2016—"Talking Politics Over Turkey?"
- December 12, 2016—"7 Guidelines to Help Couples Manage Conflict"
- December 31, 2016—"Trying to Change Your Anger Habits in the Coming Year?"

Dr. Golden in 2017

- January 21, 2017—"A Framework for Understanding Anger Arousal"
- February 18, 2017—"Major Challenges to Cultivating Healthy Anger"
- March 11, 2017—"Does This Unrealistic Expectation Contribute to Your Anger?"
- April 22, 2017—"Overcoming the Paralysis of Toxic Shame"
- May 7, 2017—"Should You Visit an Anger Room?"
- June 6, 2017—"Being Controlled Provokes Anger, So Does Feeling Controlled"
- July 22, 2017—"7 Stories You May Tell Yourself Invariably Arouse Anger"
- July 29, 2017—"Suppose You Practiced Mindfulness Meditation?"
- August 19, 2017—"B.E.A.R.—Strategies for Restraint and Stability"—(Breathe Deeply; Evoke Physical Calm; Arouse Compassion; Reflect)
- September 24, 2017—"How Witnessing Your Wounds Can Curtail Your Anger"
- October 22, 2017—"Practice Empathic Parenting to Help Cultivate Healthy Anger"
- December 9, 2017—"Accept Your Self-Doubt to Diminish Your Anger"

Dr. Golden in 2018

- January 2, 2018—"Helping Victims of Sexual Harassment Bear Witness to Anger"
- January 29, 2018—"When Anger Management Requires Going Deeper"
- March 3, 2018—"How Realistic Are Your Expectations of Your Partner?"
- March 24, 2018—"‘March for Our Lives’—A Poignant Display of ‘Healthy Anger’"
- April 8, 2018—"10 Strategies for Defusing Your Partner’s Anger"
- May 4, 2018—"Why Women Need to Honor Their Anger"
- June 3, 2018—"Why Anger and Shame May Fuel Your Competitive Drive"
- July 2, 2018—"How Female Attorneys’ Anger May Disrupt Their Advancement"
- July 29, 2018—"Further Support Against Physical Punishment for Discipline"
- August 26, 2018—"How Embracing Chronic Anger Is a Formula for Disempowerment"
- October 8, 2018—"Anger Issues: Nature vs. Nurture—Why Does It Matter?"
- November 10, 2018—"7 Consequences of Blaming Others for How We Manage Anger"
- December 10, 2018—"Do Your Feelings Hold You Hostage?"

Dr. Golden in 2019

- January 12, 2019—"How Self-Criticism Threatens You in Mind and Body"
- February 3, 2019—"Mindfulness Meditation and Psychotherapy"
- March 9, 2019—"Good Sleep: Another Essential Factor for Healthy Anger"
- April 6, 2019—"How Disavowed Anger Contributes to Suffering"
- May 14, 2019—"How 'Parentizing' Can Undermine Our Relationship"
- June 8, 2019—"Sibling Bullying: Call It by Its Name"
- July 14, 2019—"3 Ways That Needing to Please Others Can Fuel Our Anger"
- August 25, 2019—"What Time Zone Do You Live In—the Past, Present or Future?"
- September 28, 2019—"The Damaging Decline of Compromise"
- October 28, 2019—"Finally! Meaningful Guidelines for Using Time-Out"
- November 29, 2019—"How Insecure Attachment Predisposes Us to Anger Arousal"
- December 29, 2019—"What Your Envy Says About You"

Dr. Golden in 2020

- January 31, 2020—"How Flexibility in Thought and Focus Can Curb Your Anger"
- March 1, 2020—"How Anger Can Mask Shame Triggered by Intimacy"
- April 11, 2020—"How Do Anger and Anxiety Interact?"
- April 27, 2020—"Anger, Loss and Grief in the Age of a Pandemic"
- May 22, 2020—"Frustration Tolerance and Its Role in Anger Arousal"
- June 28, 2020—"Suppressed Anger Doesn't Just Go Away"
- July 23, 2020—"Displaced Anger: One Destructive Way We Disavow Anger"
- August 16, 2020—"Attention: The Most Powerful Antidote to Destructive Anger"
- September 8, 2020—" 'It's Happening Again!' A Potent Trigger for Intense Anger"
- October 16, 2020—"7 Hacks to Reduce Anger Arousal"
- November 6, 2020—"How Do Depression and Anger Interact?"
- December 31, 2020—"How Maladaptive Perfectionism Can Arouse Anger"

Dr. Golden in 2021

- January 23, 2021—"Self-Forgiveness: A Healthy Response to Self-Directed Anger"
- February 23, 2021—"Facing Our Truth for Healthy Anger and Overall Well-Being"
- March 20, 2021—"Fear and Anger: Similarities, Differences and Interaction"
- April 17, 2021—"The Benefits of Positive Emotions for Inhibiting Anger"
- May 21, 2021—"Is 'Tell It Like It Is' Helpful or Harmful?"
- June 6, 2021—"How Adverse Childhood Experiences (ACEs) Impact Adult Anger"
- June 27, 2021—"How Anger Can Sabotage Our Self-Discipline"
- July 16, 2021—"What Is the Link Between Anger and Physical Pain?"
- August 26, 2021—"The Potential of All-or-Nothing Thinking to Fuel Anger"
- October 1, 2021—"How Anger Itself Can Sabotage the Practice of Healthy Anger"
- October 23, 2021—"How Does Alcohol Use Interact With Anger?"
- November 6, 2021—"Unhealthy Narcissism and Anger"
- December 26, 2021—"The Relationship Between Empathy and Anger Is Complicated"

Dr. Golden in 2022

- January 21, 2022—"How Immune Are You to Contagious Anger?"
- February 17, 2022—"Key Facts About Sarcasm That Can Improve Your Relationships"
- March 23, 2022—"Know the Signs of Narcissism, Including Narcissistic Anger"
- April 30, 2022—"Why Masculinity Doesn't Have to Be Toxic"
- May 21, 2022—"How Are Hate and Anger Alike and Different?"
- June 20, 2022—"How Grieving Ideas Can Be an Antidote to Chronic Anger"
- July 13, 2022—"6 Ways How Shame Can Undermine Intimacy"
- August 11, 2022—"How Conflict Avoidance Fuels Commitment Issues"
- September 11, 2022—"Why the Silent Treatment Is Such a Destructive Form of Passive-Aggression"
- October 15, 2022—"What Makes Some of Us 'Prisoners of Hate'?"
- November 29, 2022—"5 Major Contributions to Our Culture of Anger"

Dr. Golden in 2023

- January 1, 2023—"Shaming is an Aggressive Act"
- January 28, 2023—"How Do Self-Esteem and Related Factors Impact Anger Arousal?"
- February 18, 2023—"7 Factors That Contribute to Group Violence"
- March 5, 2023—"Do You Show or Discuss Your Anger Toward Your Partner?"
- March 27, 2023—"How ADHD in Adults Impacts Anger Arousal"
- April 20, 2023—"Emotional Intelligence Is a Buffer Against Destructive Anger"
- May 20, 2023—"Non-Accidental Interpersonal Violence Undermines Sports"
- June 12, 2023—"How Emotional Avoidance Contributes to Anger"
- July 5, 2023—"Recognizing Our Barriers to Self-Compassion"
- July 22, 2023—"Please, Don't Yell"
- August 23, 2023—"How Do Guilt and Anger Interact With Each Other?"
- September 11, 2023—"The Need for Social-Emotional Skills in Elementary School"
- October 9, 2023—"10 Ways to Increase Your Emotional Awareness"
- October 31, 2023—"Anger Is a Potential Postpartum Reaction"
- November 25, 2023—"Seeking Revenge: Its Causes, Impact and Challenge"
- December 29, 2023—"The Psychology Behind What Makes Authoritarianism Appealing"

Dr. Golden in 2024

- February 11, 2024—"Authoritarian Parenting: Its Impact, Causes and Indications"
- February 24, 2024—"Is Anger Masking Your Grieving?"
- March 17, 2024—"Post-Traumatic Stress Disorder and Anger"
- April 9, 2024—"The Link Between Borderline Personality Disorder and Anger"
- May 7, 2024—"Fearlessness and Authenticity"
- June 2, 2024—"Self-Compassion Reduces Stigma in Chronic Physical Illness"
- June 28, 2024—"How Low Self-Esteem Can Impact an Intimate Relationship"
- August 8, 2024—"Driving Anger and Evolving Strategies to Help Reduce It"
- August 28, 2024—"How Teachers' Emotional Intelligence Impacts the Classroom"
- October 3, 2024—"How Emotional Intelligence Impacts an Intimate Relationship"
- October 30, 2024—"Why Some People Are Attracted to Cruelty"

- November 18, 2024—"Compassion Is a Grounding Response to the Anger of Others"
- December 2, 2024—"What Is the Lens Through Which You View Grief?"
- December 16, 2024—"The Need to Recognize and Help Children With Anger"

Dr. Golden in 2025

- January 10, 2025—"Recognizing, Understanding and Managing Workplace Anger"
- January 28, 2025—"Aging and Anger"
- February 20, 2025—"Understanding Envy"
- March 31, 2025—"How Anger Fuels Infidelity—and Its Aftermath"
- May 2, 2025—"How Humor Can Help Manage Anger"
- June 12, 2025—" 'Parental Phubbing' Is a Powerful Form of Disregard"
- July 14, 2025—"Unhealthy Idealization of Parents as a Contribution to Anger"
- August 6, 2025—"How to Make Peace With Aging"
- September 12, 2025—"How to Understand and Cope With Loneliness"
- October 19, 2025—"How Entitlement Contributes to Anger Arousal"
- November 7, 2025—"Vengeance as a Postponement of Grieving"
- December 11, 2025—"How to Recognize and Reduce 'Empathic Personal Distress' "

Dr. Golden in 2026

- January 19, 2026—"Holding On to Anger Is a Choice"
- February 15, 2026—"11 Ways for Managers to Address Anger in the Workplace"
- March 24, 2026—"The Harmful Consequences of Emotional Avoidance"
- April 27, 2026—"Curiosity: An Essential Force for Emotion Regulation"

Ryan Martin, Ph.D.

- September 21, 2011—"Five Things to Know About Anger"
- October 19, 2011—"Why We Get Mad"
- December 12, 2011—"Why Driving Makes Us So Mad"
- February 2, 2012—" 'I Can't Believe Someone Would Do That!' Why Parents Get Mad at Other Parents"
- February 27, 2013—"Avoiding the Angry Email"

- April 23, 2014—"Why an Anger Researcher Decided to Make a 'Happy' Video"
- August 1, 2014—"Three Facts About Venting Online"
- August 19, 2014—"Avoiding the Online Anger Trap"
- September 29, 2014—"Why Laughter Can, Sometimes, Make You Feel Better"
- November 4, 2014—"Anger Over Elections: Breaking It Down"
- February 18, 2015—"Opportunities to Feel"
- April 24, 2015—"5 Things You Didn't Know About Anger"
- May 27, 2015—"5 Ways to Deal With Anger"
- June 9, 2015—"5 Ways to Deal With Angry People"

Leon F. Seltzer, Ph.D.

- July 11, 2008—"What Your Anger May Be Hiding"
- February 14, 2018—"How Is Your Anger Best Seen as Retaliation?"
- July 11, 2018—"The Force of Your Anger Is Tied to the Source of Your Anger"
- November 16, 2022—"Why Anger Is Nothing More Than Repressed Anxiety"

Moshe Ratson

- March 17, 2023—"The Needs Underneath Anger"
- March 13, 2025—"Anger Management and Transformation"
- January 27, 2026—"Anger Is Not the Problem—It's the Message"

Donald Altman

- March 7, 2020—"The Secret to Overcoming Reactive Anger and Frustration"
- October 1, 2025—"Break Free From Anger and Aggression"

Dan Mager

- January 17, 2017—"8 Strategies to Work Through Anger and Resentment"
- November 17, 2023—"How Anger Keeps Us From Thinking Clearly and What You Can Do"

41 additional authors

- December 30, 2009—"What Most People Don't Know About Anger" by Harriet Lerner, Ph.D.
- January 5, 2011—"Controlling Angry People" by Jack Schafer, Ph.D.
- June 12, 2011—"Think Before You React" by Marci G. Fox, Ph.D.
- October 28, 2014—"The Simple Truth About Anger" by Robert W. Firestone, Ph.D.

- December 16, 2014—"9 Tips to Stop Anger and Injustice From Hurting You" by Beth Darnall, Ph.D.
- May 11, 2016—"How to Handle Your Anger at Your Child" by Laura Markham, Ph.D.
- October 26, 2016—"Rethinking Your Anger"—Jeffrey S. Nevid, Ph.D.
- December 17, 2018—"Moving Beyond Anger" by Leslie Becker-Phelps, Ph.D.
- January 1, 2019—"The Secret Tool to Manage Your Knee-Jerk Reactions" by Bryan E. Robinson, Ph.D.
- June 6, 2019—"Why We Hate People Telling Us What to Do" by Elizabeth Dorrance Hall, Ph.D.
- June 21, 2019—"Protect Yourself From Emotional Contagion" by Carlin Flora.
- September 26, 2019—"Stop Other People's Emotions From Taking Over Yours" by Susanna Newsonen.
- February 26, 2020—"How to Manage Your Anger" by Ilene Strauss Cohen, Ph.D.
- July 1, 2020—"Why Being Angry Is Okay (and Even Helpful)" by Jade Wu, Ph.D.
- September 27, 2020—"How to Avoid Getting Into Arguments and Fights" by Lori S. Katz, Ph.D.
- December 7, 2020—"What Triggers Anger and What to Do About It" by Beverly B. Palmer, Ph.D.
- January 28, 2021—"Understanding and Taming Your Reactivity" by Ariadne Platero, LMSW.
- February 11, 2021—"How to Rethink and Manage Anger" by Ilene Strauss, Ph.D.
- April 29, 2021—"How to Protect Yourself From Anger in an Age of Rage" by Bill Knaus, Ed.D.
- June 18, 2021—"Counteracting the Anger Impulse and Rage" by Rodney Luster, Ph.D.
- September 26, 2021—"Why Won't People Let Go of Their Anger?" by David Hanscom, M.D.
- February 15, 2022—"Anger Management Takes More Than Coping Skills" by Anthony D. Smith, LMHC.
- March 19, 2022—"Coping With Anger: Does Venting Really Help?" by Kate Gapinski, Ph.D.
- April 18, 2022—"When Trivial Situations Provoke Extreme Reactions" by Kaytee Gillis, LCSW.

- April 29, 2022—"6 Tips for Dealing With Your Anger" by Lisa Firestone, Ph.D.
- June 7, 2022—"Understanding and Processing Anger" by Monica Vermani, C.Psych.
- October 31, 2022—"Don't Give In to Your Dark Side" by Ronald E. Riggio, Ph.D.
- November 30, 2022—"4 Tips for Managing Anger" by Rubin Khoddam, Ph.D.
- December 11, 2022—"Get Mad: It's Therapeutic" by Gabriel Young, Ph.D.
- December 23, 2022—"Suppressing Emotions Can Harm You—Here's What to Do Instead" by Katherine Cullen, LCSW.
- January 25, 2023—"The Truth About Anger" by Kaitlin Nunamann, LCSW.
- March 13, 2023—"Be on Your Guard When You Feel Anger" by Rick Hanson, Ph.D.
- July 11, 2023—"How to Stop Absorbing the Stress and Negativity of Others" by Judith Orloff, M.D.
- May 8, 2024—"Anger and Emotion: What's Really Setting Us Off?" by Robert Castellano, M.S.
- August 5, 2024—"6 Ways to Take Control Back From Anger" by Dan Bates, Ph.D.
- September 8, 2024—"Befriending Anger" by Anita Owusu, RSW.
- September 13, 2024—"When Anger Is a Good Thing" by Robert Evans Wilson, Jr.
- October 5, 2024—"6 Tips for Dealing Better With Anger" by Ran D. Anbar, M.D.
- February 11, 2025—"4 More Steps for Working Effectively With Anger" by Lizabeth Roemer, Ph.D.
- March 24, 2025—"Don't Let Anger Take the Reins" by Elizabeth Sadock, Ph.D.
- June 29, 2025—"How to Cope If You're Easily Offended" by Charles H. Browning, Ph.D.
- January 21, 2026—"The Anger You Actually Need: When Emotions and Stress Collide" by Chester H. Sunde, Psy.D.
- May 8, 2026—"Are You Missing Out on Life's Joys?" by Bill O'Leary, Psy.D