



# Dealing with teenage anger

We all feel emotions and anger is one of them. Just like pain, anger itself can indicate that what is happening around you is not acceptable or it could also be an indication that something needs to change. Teenagers are trying to make sense of lots of changes. Whether that be physical changes, changes in their emotions, or a desire to be in control, all of which can make them feel upset and angry.

## How do you deal with anger in your teen?

Sometimes teens can push you too far resulting in arguments and conflicts, almost like childhood tantrums. They get flooded with emotions and are not able to think straight or listen to reason. What they need to is get their feelings out and calm down. Here are some practical tips to help you effectively deal with anger in your teen.



### Stay calm

Your teen's anger may be directed by you but it may have stemmed from something which isn't related to you, for example, something that happened to them at school or outside the home. See if there is anything they want differently from you, but try and not let their anger affect you and make you angry.

## Listen to your teen

Make it your starting point to listen to them rather than trying to win the argument with them. Through listening to them you can work out what is going on beneath their anger and what they help they may need from you. You can also try and help them name the emotion or feeling they are experiencing, for example 'you sound really frustrated here' or, 'you sound really scared'.



### Set limits on your teen's behaviour

Listening to your teen and helping them is not accepting their behaviour. When things have calmed down you can sit down with them and set limits on what is acceptable behaviour. You could say 'I'd like you to find a way to help you deal with your anger without shouting at me'. What do you think would help you?'

## Wait until the storm is over

When calm is restored, acknowledge the strong and painful feelings your teen has had. Help them to understand what they can do to express their feelings in the future without hurting themselves or others. Sometimes, helping them recognise and accept their feelings is enough. Other times you may need to help them figure out what they need to do.



## How we can help

Family Lives is always here to support you through difficult times. For support call our **confidential helpline** on 0808 800 2222, email us at [askus@familylives.org.uk](mailto:askus@familylives.org.uk) or chat to us online.

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