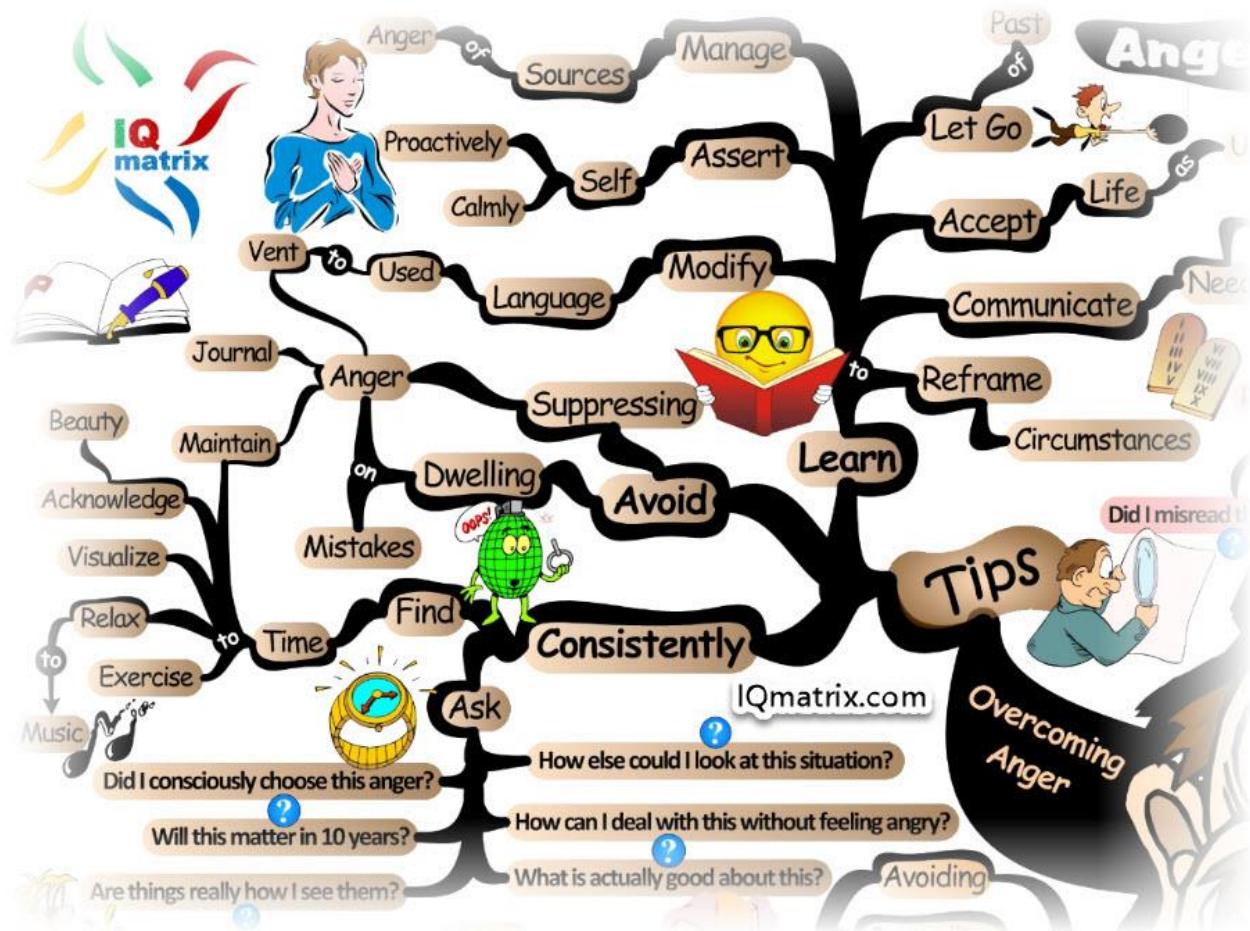


ART THERAPY FOR ANGER MANAGEMENT



Agree with us, wars and fights in our countries and communities are all caused by 1 thing, "ANGER", a misunderstanding with someone with an anger problem will result in a fight and someone will end up being injured, arrested, hospitalized or dead.

All things which are not experienced as love will be experienced as fear in some degree. Anger is the recognition that we are not living in the experience of love. We are born in the condition of love and from that moment on we begin to feel and understand other emotions as we move away from the love experience.

Our basic needs to sustain life become apparent to us from the moment of birth. Intuitively the body knows that it needs food, water, shelter and love. When it does not receive them, it begins to experience fear for its own existence. A baby will cry if it is hungry, cold or bored. As we grow

older we express our fear in other destructive ways. A study published in the "Journal of Pain and Symptom Management" shows that **creative expression** reduces **anger management programs** related to fear and anxiety in cancer patients.

Researchers discovered that the creative process involved in making art is a transformational tool. **Art can both heal and enhance life.** Studies confirm that art therapy minimizes symptoms of anxiety and fear because creative play provides a form of distraction that takes children away from their **anger management programs**.

Art projects get them to focus on something positive, unrelated to their emotional **anger management programs**, yet somehow benefiting their emotional health in the long run. **Art allows children to exercise some measure of control over what they do**, which can help them restore control over their own impulsive behavior.

Whether it is clay or paint they are working on, the art project confirms children's sense of control and **anger management programs**.

This makes Art Therapy another effective tool for anger management that can well supplement or replace the use of medication.

When anger is controlled solutions to peace are found.