

Impulsive Behavior and Anger Management Issues VS. Domination and Control Issues

Anger Management Issues

A person with anger management issues reacts out of frustration and impotence. ***The expressions of anger are impulsive and the person doesn't have good control of the anger.*** The person may do things in anger that actually are self-defeating, like pushing a coworker at work and being disciplined, destroying his/her own property, punching a wall and breaking a finger, etc. The person's actions are similar to a small child throwing a tantrum. There is little thought put into the reaction and observers can see the person becoming more frustrated and losing control. The person may be aware of building frustration but feel powerless to do anything about it except react.

The key **identifier** for those with true "anger management" issues is that their outbursts are not confined to incidents of family/intimate partner violence. They usually have some history of difficulties in the community or at work.

Domination, Coercion, and Control

A person who has more of a "true batterer" profile has ***the ability to control how anger is expressed and can direct it in order to control other people.*** That is the key difference. This sort of person can strike from a cold position, perhaps showing no signs of building frustration and just lashing out in a sudden burst of rage, perhaps even after time has passed when the person might have been expected to cool off. **The rage is applied purposely** in order to achieve domination, coercion, and control over other people. Evidence of trying to control other people would be common parts of the picture: lots of "rules" about other people's behavior, threats, retribution behavior, not letting others have common means of control such as privacy, money, or the ability to make decisions—especially if these controls are enforced through harm or threats of harm.

The key **identifier** for those that fall into the "power and control" category is that the **behavior is controlled** and most often directed toward intimate partners.

