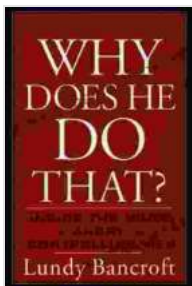


# Inside The Minds Of Angry And Controlling Men: A Deep Dive Into The Psychology Of Toxic Masculinity

Anger and control are two of the most common traits associated with toxic masculinity. But what drives these behaviors? And how can we break free from them?



## Why Does He Do That?: Inside the Minds of Angry and Controlling Men by Lundy Bancroft

★★★★☆ 4.7 out of 5

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In this article, we'll explore the psychology of angry and controlling men, and we'll offer some tips for how to deal with them.

## The Psychology Of Angry And Controlling Men

There are a number of factors that can contribute to anger and control in men. These include:

- **Upbringing:** Men who are raised in homes where anger and control are the norm are more likely to adopt these behaviors themselves.
- **Culture:** The media often portrays men as being angry and controlling, which can reinforce these behaviors in real life.
- **Trauma:** Men who have experienced trauma may use anger and control as a way to cope with their emotions.
- **Mental health conditions:** Some mental health conditions, such as personality disorders, can lead to anger and control issues.

Angry and controlling men often have a deep-seated fear of being weak or vulnerable. They may feel like they need to control everything in their lives in order to feel safe. They may also use anger as a way to intimidate and dominate others.

It's important to remember that not all angry and controlling men are violent. However, even if they're not physically violent, their behavior can still be harmful. They may verbally abuse their partners, children, or other family members. They may also try to control their partners' finances, social life, or even their appearance.

## **How To Deal With Angry And Controlling Men**

If you're dealing with an angry and controlling man, it's important to remember that you're not alone. There are many resources available to help you, including:

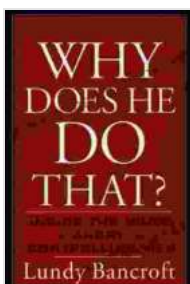
- **Domestic violence hotlines:** You can call a domestic violence hotline for support, information, and referrals to local resources.

- **Mental health professionals:** A therapist can help you understand the psychology of angry and controlling men and develop strategies for dealing with them.
- **Support groups:** Support groups can provide you with a safe and supportive environment to share your experiences and learn from others.

Here are some additional tips for dealing with angry and controlling men:

- **Stay calm and don't react to their anger.** This can be difficult, but it's important to remember that you're not responsible for their anger.
- **Set boundaries and enforce them.** Let the man know that you won't tolerate his angry or controlling behavior.
- **Get support from others.** Talk to your friends, family, or a therapist about what you're going through.
- **Remember that you're not alone.** There are many people who have been in your situation and have found ways to break free from the cycle of abuse.

It's important to remember that you can't change an angry and controlling man. But you can change how you react to him. By setting boundaries, getting support, and staying calm, you can take back control of your life.



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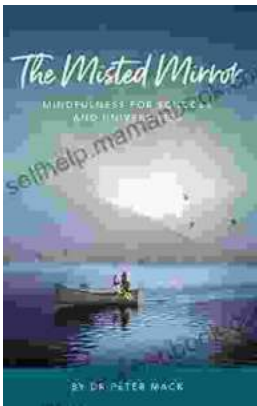
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