**Video Title:** “Anger Room” Truly a Good Outlet for Anger?

**Video URL:** <https://www.youtube.com/watch?v=IpOoa5oIheY>

**Run Time:** 5:53

**Source:** CBS/YouTube

**Close Caption Available:** Yes

Rage rooms, the equivalent of anger rooms, for dealing with conflict are described on page 136 of the textbook. The feature of the video is the anger room created by a woman in Texas who observed the anger of many people early in her life. A major purpose of an anger room is to deal with frustration and anger by destroying physical objects.

A 26-year-old MBA student describes some of the anger he faces including racism directed toward Asians. He pays $25 for a five-minute session in which he destroys old TV sets and personal computers with a baseball bat. The man considers his episode to be therapeutic in releasing his anger. An insurance adjuster who signed up for an anger-room session said he wanted to release some of his frustrations. The proprietor of the Dallas anger room said it is so successful she is considering the expansion of her business.

During the video, psychologist Jennifer Hartstein gives her opinion on the effectiveness of anger rooms and offers suggestions on how to deal with anger constructively. Hartstein says that people need a long-term solution to their anger, and that smashing objects is merely a short-term one. She recommends physical activity, including working out in a gym and walking a dog as approaches to dealing with anger. Talking to a friend is another potentially effective outlet for anger. Hartstein says that smashing objects could increase the sense of anger, and not really resolve the problem. Your anger could snowball as you smash objects.

An obvious problem with an anger room is that it creates debris which could be toxic, such as the fumes released from old TV sets and PCs when they are smashed. Participants in an anger room must sign an agreement freeing the owner from liability for any injuries to the participant.

Hartstein emphasizes that people with an anger-management problem should definitely not participate in anger rooms. One problem is that such people are already smashing objects (and perhaps people) to deal with their anger. Hartstein also comments on helping children deal with their anger by such techniques as inhaling and exhaling and participating in Yoga.

*Questions for Thought and Discussion*

1. What is the relevance of anger (or rage) rooms for dealing with conflict in organizations?

2. What would you think of an organization sending an entire team to an anger room to help the team deal with its frustrations?

3. One of the commenters on this video says that he has built his own anger room in his basement. What is your evaluation of his approach to dealing with anger?

4. Assume that you were the manager of two people experiencing considerable conflict with each other. Explain whether you would recommend that both of them participate in an anger room.

5. How do anger rooms fit the movement toward environmental sustainability fostered by many companies?