



Press Release: November 2022

BAAM Anger Awareness Week, 2022: Even if You're Not Will Smith, You're Invited to Take the Free ACEs (Aggressive Childhood Experience) Quiz

Will Smith may have been seriously reprimanded by the world at large, for having slapped comedian Chris Rock, at the 2022 Oscars, but many other people have also found themselves in hot water situations where their anger was simply too hot to handle

BAAM (the British Association of Anger Management), is offering the public at large, a free ACE (Aggressive Childhood Experience), quiz/test about common traumatic experiences. Although it just takes 5 minutes to do, it can nonetheless, offer insightful revelations about the root causes of people's anger. A very important aspect that some participants may not even have considered.

In addition to the free ACEs test, BAAM has another contribution to Anger Awareness Week, 2022. This comprises of two free, very interesting, informative, pdf files: one is entitled, the A2Z of Anger, and the other, the A2Z of Stress. And there's even more on offer. - ACEs free quiz participants will have the option to take other free quiz's/tests; and, they will receive beneficial discounts on a broad range of popular BAAM courses.

Empowering the General Public to Learn About BAAM

"The extremely harmful nature of Adverse Childhood Experiences are often more long-lasting than people realize, & can still impact sufferers throughout their adulthood"

Mike Fisher, Anger & Stress Management Coach & Author

BAAM wants to lift the lid on the detrimental effects of Adverse Childhood Experiences, (ACEs), prior to age 18 – events which make the child more inclined to suffer from serious mental and physical issues later in life. The latter include: anger management problems, heart disease, stroke, cancer, obesity, autoimmune disease, COPD, kidney disease, asthma, and diabetes, toxic stress, depression, anxiety, PTSD, smoking, alcoholism, substance abuse, risky sexual behaviour, physical inactivity, isolation, unemployment, poor academic achievement, and substance abuse. Moreover, ACEs have a sizeable impact on future violence victimisation and perpetration.

Physical and emotional neglect and abuse; sexual abuse, and being subjected to household dysfunction, can all contribute to the negative web created by ACEs. In some cases, these events can be a result of: incarceration in the home, domestic violence, a separation/divorce, mental illness, or substance abuse (illicit drugs, overused prescription medication, and/or alcohol).

Furthermore, ACEs can also be brought about by other adverse aspects. These comprise: community violence, bullying, wartime or refugee experiences; witnessing, or being subject to acts of terrorism; and living through a natural disaster (such as extreme flooding of a neighbourhood that caused fatalities, and the loss of homes).

Everyone is invited to take the free quiz, which involves 10 simple Yes/No questions, that will culminate in a score. - If the score is high, it will serve as an indicator that the participant's ACEs could be the cause of specific challenges that they are now facing in their adult life. These include: social and emotional difficulties, relationship issues, and a higher risk of specific health problems. So just sparing 5 minutes to do the free quiz is essential for anyone who ever feels anger bubbling up inside them.

The recently released BAAM ACEs quiz/test has already been done by in excess of 2,000 people. The average score thus far, is approximately 5 out of 10. Of note, two of the questions attracted particularly high scores:

- Question Number 4: Did you frequently or fairly often, feel that no one in your family loved you, or thought you were important or special? Or your family didn't look out for each other, feel close to each other, or support each other?
- Question Number 5: Did you frequently or fairly often, feel that you didn't have enough to eat, had to wear dirty clothes, and had no one to protect you? Or your parents were too drunk or high to take care of you or take you to the doctor if you needed it?

Furthermore, the *Compassionate Prison Project - Honor Yard* YouTube video, suggests that when a participant's ACEs quiz score is as high as 7, 8, 9 or 10, then they are likely to end up with serious mental health issues, as well as in prison. To that end, after attaining such a score, further evaluations and remedial action should be a must.

BAAM's tried and tested anger management methods and tools, include online or in-person group or personal training; and community encouragement and support. Both of these elements are designed to put the participant at ease, and show them that there is light at the end of the tunnel, and that positive change is readily achievable. Moreover, participants are not only taught emotional intelligence and communication skills; BAAM's results-based coaching empowers them to set clear goals, skills and strategies, to drive rapid meaningful change.

BAAM

BAAM (the British Association of Anger Management), has been running for in excess of 26 years. Over this quarter of a century, it has fought a tidal wave of stigma around anger issues – in that angry people are just as 'normal' as everyone else. To that end, they are proud to have played a role in bringing the anger issue to the fore, thereby helping countless people in the UK, the US, and other parts of the world, reclaim their dormant inner calm.

About Mike Fisher, 'Anger Guru'

Mike Fisher, 'the brains behind BAAM,' has garnered more than 30 years experience in the field of personal and professional development. Being renowned as one of the world's leading experts in the field of anger management, he is regularly called upon to make guest appearances in the UK and on international mainstream media. Fisher's TV credits include 'Big Brother's Little Brother', BBC1's 'Violent Fathers', BBC3's 'Can't Stop losing My Cool', C5's 'Beat It: Angry with My Father,' and many more. His hugely popular book, *Beating Anger* (2005), has sold over 70,000 copies in the UK alone. The sequel, *Mindfulness and the Art of Managing Anger*, is also published internationally and has been translated into Spanish.

Contact

Mike Fisher Mobile +44 07931569051

Find and message BAAM at www.angermanage.co.uk and on social media: @angermanageuk

The British Association of Anger Management, The Studio, 14 Railway Approach, East Grinstead, West Sussex, RH19 1BP

Resources

ACE's Test

<https://www.angermanage.co.uk/adverse-childhood-experiences-ace-test/>

<https://www.youtube.com/c/TheWisdomTrack>

<https://m.facebook.com/BAAMUK>

<https://www.instagram.com/angermanagementuk/>