‘Anger Guru' Mike Fisher’s advice for Will and Jada Smith Anger first aid for Hollywood stars – and regular folks!

Tuesday 29 March, 2022

‘Anger guru’ Mike Fisher saw Will Smith’s Oscars outburst, and has plenty of sound advice for the popular Hollywood figure. “Will needs to get himself to an anger management class ASAP!” Suggests Mike, wisely. Will and Jada Pinkett-Smith are major celebrities. But you don’t have to be a megastar to express anger unhealthily, or find yourself in a complex relationship. Mike, author of Beating Anger and an international anger management thought leader, points out that timing is important to understanding why we sometimes lose it.

“Chris Rock has no real understanding of what happened to Will Smith in the 90 minutes or so leading up to the incident. But there’s obviously something going on for Will. Chris’ joke, and his wife being humiliated in public like that, would’ve been the final straw,” Mike says.

The incident provides a classic example of the unthinking rage that defines unhealthy anger. Feeling angry is healthy and natural. What’s not okay is letting the red mist take over your senses, and acting destructively.

“At the British Association of Anger Management (BAAM), one of our core ‘anger first aid’ techniques is: ‘Stop. Think. Take look at the bigger picture. And think of the consequences.’ Will obviously did not do this. And now he has to deal with the consequences. He laughs at first, but when he made sense of what was said, he took it personally. He felt humiliated. And yes, he wanted to protect his wife.”

But when we’re in a rage we never properly consider the consequences. “By the time he has regressed into anger, he is unaware of any consequences,” points out Mike, “It’s only post the situation that he does become aware. When he finds his life has changed.”

‘Don’t take it personally’ is another of BAAM’s essential techniques. “Jada was the target of the dark humour and strictly it is her responsibility to deal with anything she is uncomfortable with. She’s not meant to stride onstage and punch him in the face either. But what she could’ve done – for her own benefit – is approach Chris after the show.” Learning communication skills like those taught on BAAM’s acclaimed anger management courses can help us regain a sense of agency when we feel disrupted. Jada could’ve explained to Chris, “Listen, this is the issue. I wasn’t happy with what you said. I understand that there was some humour associated with that. But I feel very self-conscious about it. As you already know we have some issues in the family. So I’d appreciate a public apology.”

Historic, unresolved anger will be at the source of Will’s issues. “When he gets into a rage he is essentially regressing to the time of the original hurt,” says Mike, “his challenge is not to deconstruct what happened at the Oscars, but how and why he regressed that far.”

Mike’s also a family and relationship consultant trained in The Gottman Method, and works with families and couples on their anger and other relationship issues regularly. The Smith’s modern marriage has been cited as a possible factor in the Oscars fracas. “I’d like to know what challenges he’s faced with,” says Mike of working with Will or clients facing family problems, “What is he dealing with around his wife and his kids? Then we’d build a therapeutic game plan, which gives him the chance to begin addressing any issues in his relationship or relationships. He must make sense of his history, his relationship with his family, and figure out how to integrate that into his choices.”

For interviews with Mike Fisher, and any further information, please email admin@angermanage.co.uk with ‘Media Enquiry’ in the subject line. Notes for editors follow on page two of this press release below.

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Notes for Editors

About The British Association of Anger Management (BAAM)

The British Association of Anger Management was formed in 1999. It is considered the UK’s most

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trusted and successful anger management agency having treated over 20,000 people.

BAAM's anger management classes apply the most relevant aspects of established psychological science to encourage self-examination, self-knowledge, and fundamental positive change.

Its coaching rooms have hosted journalists from *The Sunday Times*, *The Daily Telegraph*, *The Daily Mail*, *Stylist* magazine and many more. Co-founder Mike Fisher is regularly quoted in broadsheet newspaper articles and was even recently interviewed by style bible *The Face*. BAAM has won various awards including CV Magazine's Best Mental Health IPO in 2018, 2019 and 2020.

95% of BAAM's clients have never experienced any form of therapy before. Many are referred via the workplace or family support teams. Patients are taught techniques to control inappropriate temper outbursts. They are also taught to read and communicate their own emotions more effectively, creating more harmonious relationships with their colleagues, friends and loved ones.

About Mike Fisher, 'Anger Guru'

Mike Fisher, 'the brains behind BAAM' has over 30 years experience in the field of personal and professional development. He's considered one of the leading experts in the field of anger management worldwide, and makes regular appearances in the UK and international mainstream media.

Mike'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 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.

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