**Case Report:**

**Intermittent Explosive Disorder**

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**Abstract**

An interesting and rare case of intermittent explosive disorder (Impulse control disorder), was diagnosed and managed. In this case, the housewife, married two years back in a middle class family was brought to OPD by her husband, presented with explosive outbursts of violence and anger, which was not clearly directed. Following the act of aggression she always experienced a sense of gratification and relief. The episodes were recurrent and resulted in assaults, disturbances in interpersonal and family relationships. The aggression shown by the patient was out of proportion to any provocation and the patient experienced increasing tension and arousal before committing the act. The attack was often accompanied by irritability, rage, mood elevation, increased energy, and racing thoughts.

**Keywords**: Intermittent explosive disorder, gratification, racing thoughts