

Anger



Two Behaviours



- Problem Solving Behaviour
- Frustrated Behaviour
 - Aggression / Anger
 - Regression
 - Fixation
 - Withdrawal

Anger



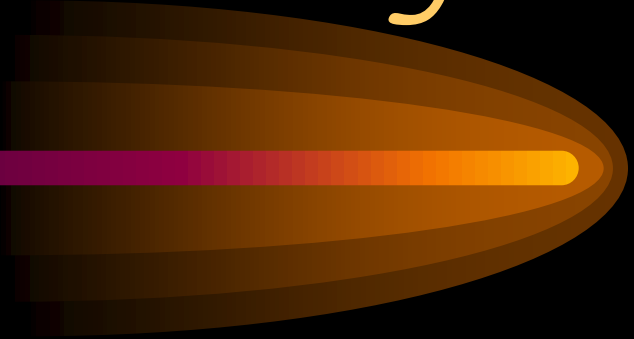
- Prevention
- Management

Anger Management

*What
is
Anger?*

A horizontal beam of light with a blue-to-orange gradient, passing through the word 'is'. The beam is wider on the right side, creating a lens-like effect.

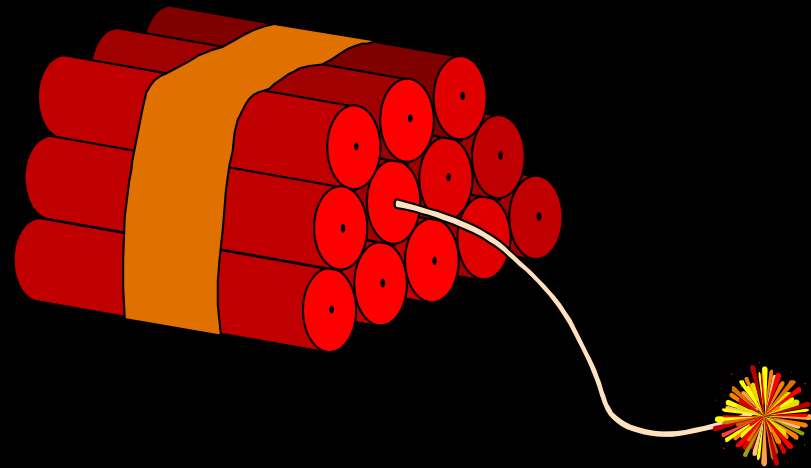
Anger



- Is an emotion
- Is common to every person
- Is multifaceted
- Is found in all temperaments

Anger Manifestations

- To recover from anger-related problems we must be able to recognize anger's various manifestations



Defining Your Anger



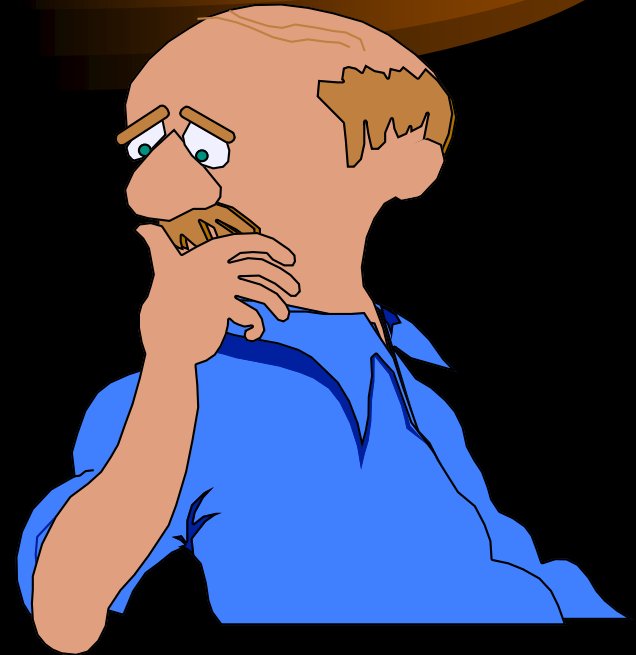
- Why we get angry?
 - Self-preservation
 - It is as an intent to preserve:
 - Personal worth
 - Essential needs
 - Basic convictions

Preserving Personal Worth

- ANGER IGNITERS
 - Rejection
 - Invalidation
- Devalued by others?
- SOLUTION:
 - Choose to accept your real worth
 - Major effect on the intensity of our anger emotions
 - Who in your life have you allowed to "play god?"

Preserving Essential Needs

- Basic survival needs
- Major personal needs
- Unmet needs
- Legitimate needs
 - Misguided demands

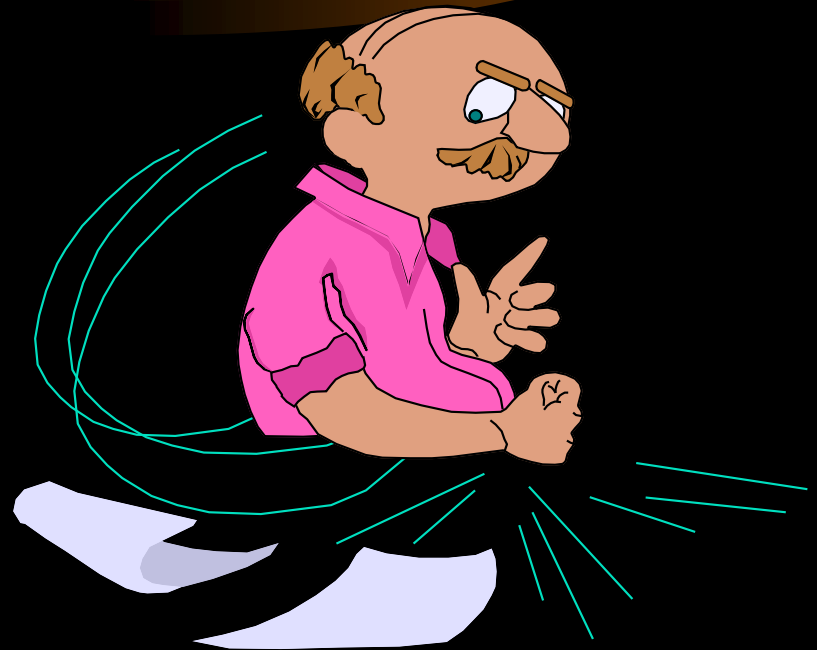


Preserving Basic Convictions

- We can feel irritated about matters that have nothing to do with us
- A fine line between knowing when to stand firmly for your convictions and when to accept the imperfections.
- Firm convictions can be a springboard for anger
- Angry because your conviction was ignored.
- The conviction itself may be understandable, but the emotional result was not
- List some of the convictions you hold which result in feelings of anger
- List situations when your anger has been created by a conviction that is too strongly held

Is Anger Good Or Bad?

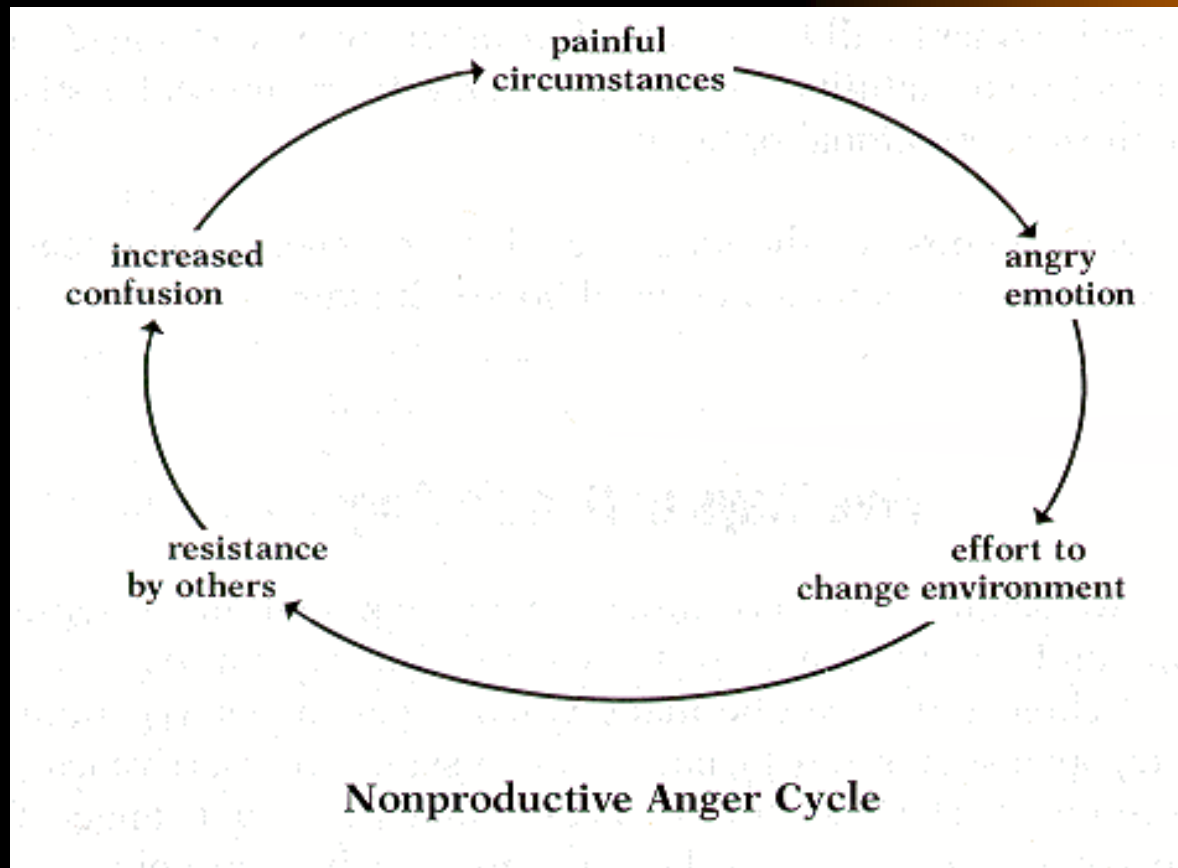
- It all depends
 - *Incorrect* in trivial matters
 - Legitimate concerns, but *managed* poorly.
- Balance is the key
 - *Correct* if anger is linked to a reasonable issue and is communicated in a proper manner
- This is determined through ANGER MANAGEMENT



*MANGAGING
YOUR
ANGER*



Nonproductive Anger Cycle



6 Ways to Handle Anger

- Suppression
- Open Aggression
- Diverted Aggression
- Passive Aggression
- Assertiveness
- Dropping It

Suppressing Anger

- Many people hesitate to admit their own anger
- When anger-producing circumstances occur, they put on a good front and pretend to feel no tension at all.
- Don't admit that they are angry

Open Aggression

- It arises from a focus on personal needs
- It is an anger that shows itself in explosiveness, rage, intimidation, and blame

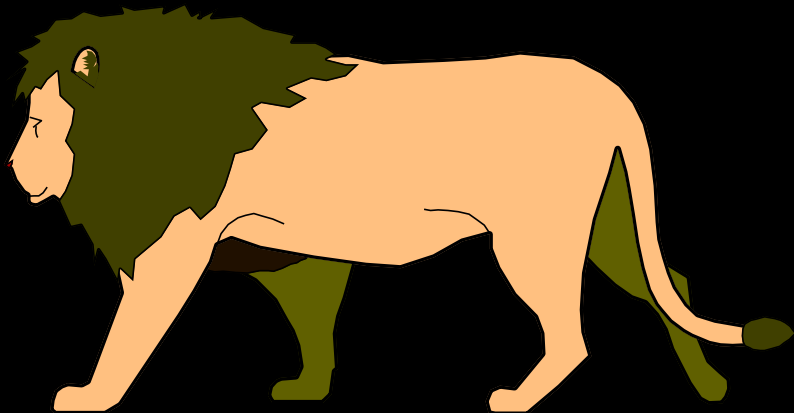


Diverted Aggression



- Substitute Targets
- Weaker Targets
- Creates relationship Problems

Passive Aggression



- Preserving personal worth, needs, and convictions at someone else's expense.
- It is accomplished in a quieter manner, causing less personal risk.

Assertive Anger

- Preservation is accomplished while considering the needs and feelings of others.
- Can help relationships to grow.
- True assertiveness is not abrasive, nor is it meant to harm.
- 2 Key reminders
 - Make sure the issues receiving your attention are not trivial.
 - Be aware of your tone of voice.

Dropping Anger

- Means you accept your inability to completely control circumstances and recognize your limits.
- Tolerance of differences
- Choosing to forgive
- Sometimes the anger returns...drop it again.

Help tips in dropping anger

- Make yourself accountable to a trusted friend
 - Let that person know when you are struggling.
- Choose to live in kindness and forgiveness..."one day at a time."
- Write out your feelings.
 - Then read over them with the attitude that you will turn them loose.

Looking Ahead

- Take responsibility for your own emotional expressions.
- Don't be a prisoner of your anger
 - You have choices
- Remember the *definition* of anger:
 - as an intent to *preserve*
 - Personal worth
 - Essential needs
 - Basic convictions

The End

