It is important to keep in mind that when people do things you are angry is entirely their responsibility.

It is your responsibility:

- Using drugs or alcohol
- Responding aggressively
- Disciplining anger (expressing anger at someone or something not related to the source of anger)
- Escalating anger
- Holding anger in

Here are the five categories of angry behaviors to avoid.

As you read about them, see if you recognize any of your behaviors. Once you have identified these behaviors, you will need to take the next step of resolving these behaviors.

The "Four Love" are:

1. Came up with a reason before reading the next paragraph
2. Discussed ways that do or do not work well
3. Why should you read about behaviors that don't work
4. The chapter is about the different ways in which people express or experience anger.

Chapter 4

EXPRESSING ANGER

INTRODUCTION
Sharon looked at us in what seemed like amazement. If I was waiting for a response from us, she

soon let the hope that we had each day I felt better and better.

For the next few days, but gradually the despair went away and was replaced by hope. I think we

did it until then everyone when I knew the special that at least in terms of your, I didn’t realize I

understood, she began, "when holding all of those anger in was doing to me. In fact, I didn’t realize I

don’t really was, "a dark and rainy night." Thunder rumbled in the background. I was sitting in Sharon


Sharon Opens Up

with her one-time poor relationship with her abusive husband.

She did not realize the extent of insanity of her anger. Holding anger in was a way in which she dealt

with the one thing, or maybe her anger. The feeling of the situation any better. Sharon is a perfect example of someone who nuestrod the anger

Stifling anger means holding the angry feeling inside of you rather than doing something to make

The first behavior that you may recognize in yourself is "stiffening anger."

STIFFENING ANGER

UNIT 2

Learn to stop these behaviors before they hurt you or others.

Identify those angry behaviors that you want to change.

to hold uncontrollable angry behaviors. Your goal for this chapter is to:

Unlike some of the people in the stories you will read in the following units, you do have the skills

don’t, because anger is no excuse for their behavior.

Wrong. There are many situations in life that lead to strong feelings. These situations may go-

like a permanent deal. But it’s all okay because Mitchel and the brother were angry. Right?

Before, we have worked with our clients to help them with their anger. But often, we talk about

on his head with a handy lamp. The pole of their said, "You’re not the only one. Why this anger?"

take Mitchell, who got angry at his brother for being friendly with someone Mitchell didn’t like. What
expressions of anger. You can’t imagine all of my physical symptoms. I lost weight, pain in my head, which made me feel like I was sleeping all day. But when I actually thought about it, I realized that I had never felt so relaxed, peaceful, and content in my entire life. After confronting Clark and deciding to leave, I started to feel better each day—not just mentally, but also physically. I noticed my muscles and tension in my neck and shoulders began to lessen. Not only did this improve my mood, but it also made me feel more confident in my ability to handle the situation.

You can’t imagine the amount of pain, mental or physical, that I went through. I was constantly in pain, feeling like I was sleeping all the time. But when I finally decided to leave, I realized how much better I was able to handle situations without pain. I even thought that this could be good for my mental health, as I was able to focus on what was important to me. The pain in my neck eventually went away, and I felt better overall. After confronting Clark and deciding to leave, I started to feel better each day—not just mentally, but also physically.

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should suffer because Robbin isn’t good enough. I wonder why Coach has it in for her.

After three innings, the other team was leading 2 to 1. Robbin had made an error that allowed a run to score. Chilly was wondering, “When is Coach going to put me in? I just think that our whole team

made a fielding error all week.” Chilly was annoyed.

by being hit. “Why is the coach letting Robbin start?” she thought. “I’ve been hitting well and I haven’t

not pleased. Why is the coach letting Robbin start?” she thought. “I’ve been hitting well and I haven’t

coach decided to start Robbin because Chilly had not been really trying for the last two games. Chilly was

Chilly played shortstop on this high-school baseball team. Usually, he was a starter, but one day his

“Chilly Jumping”

intensities on an anger ruler.

her feel better and anger. Here is another example. The large numbers correspond with the anger

Remember the story about the aspiring cheerleader and her negate self-talk that resulted in mishap.

Each person makes negate statements to himself or herself. The product of intensity and self-talk,

having negate thoughts and expressing in negate self-talk, as we discussed before, is negative self-

having negate thoughts and expressing in negate self-talk, as we discussed before, is negative self-

therefore, or receding the anger. So there it will grow. How do people escalate anger? One of the ways is by

escalation is another way in which people “handle” their anger. Escalation means making the anger

The Meaning of Escalation

ESCALATING ANGER

UNIT 3

1. What is your emotional state? Who are you? Who is your relationship with them? How did they feel about it when they were

2. Do you know people (real people or fictional characters) who held their anger in? Why were

1. In your notebook, write down any behaviors you have recognized in yourself that are the

Assignment 23

The Angry Self
mission for the acceleration is also obvious—chills raggedy self-talk provided the energy. The cycle was set.

The acceleration of chills after is obvious even without the numbers to make it visual. The match...

The end of this until. But at that moment, the didn't care. He would care later; however. We will come back to chills story at chills knew he had made a mistake, and he knew it was going to be difficult to undo the damage.

10

"If you're not going to play me, I can't. Cliff yelled over his shoulder.

shuffled the baseball into the dirt and headed for the exit. His coach asked Cliff where he was going. Minutes, his father had gotten away from him. He paced around the bench for a moment, then

Robbin made two good plays in the field, but by this time I didn't matter to cliff. In just two more

7

all season and this is the thanks I get."

all coaches thought he won't let me play just because he hates me. There's no other reason. I played hard.

released that he wasn't playing. His face reddened in embarrassment. "Now I look like a fool, too. It's when his team took the field a few minutes later, Cliff started to get up and join them. Then he

5

ball into his glove over and over.

be so far behind them we won't have a chance. Coach doesn't even look at me. Cliff pounded a base—

in the fourth inning, Robbin struck out with two players on base. Cliff was beginning to come
The key point here is that by having control over the situation, the coach can prevent negative self-talk and anger from escalating.

Diagram: The Anger Self-talk Cycle

- lots of anger ➔ others blaming ➔ loss of control ➔ explosion
- negative self-talk ➔ more anger ➔ more negative self-talk

Every time you give up responsibility, you are giving up control. If you may have seen blaming the coach the same mistake over and over again.

In this case, it is not likely that he will learn anything from the experience, and he will probably make the same mistake again.

By not accepting responsibility for what he did, this made it almost impossible to "own" his anger.

He was refusing to take responsibility for what happened. He knew that he had been doing this, yet he was refusing to take responsibility for what had happened. He knew that he had been making excuses for his behavior, but he also started to blame the coach. By blaming others, he was not only was not accepting responsibility for his own actions, but he was also denying the coach's help and support.

Defining Responsibility + Giving Up Control

Figure 5. The Anger Self-talk Cycle
expressing anger

UNIT 4

The Meaning of "Displeasure"

The child saw a baseball scholarship. He had been thinking of other results of escalating anger. If it was bad, he was too bad, because at least two colleges had been thinking of other or would consider. "Child's mental to finish the season before it was so unpleasant that he didn't even try out for amounts of his season. Although this was heard for child, it wouldn't be the last time in his career. He felt child didn't feel down on the team, but he coach did make him apologize for his behavior in front of with any other types of angry behavior. It is quite common.

Displeasing anger can be seen as part of many other types of angry behavior. It is quite common.

When I was in graduate school, my friend began, "Our department was very democratic. Most faculty were made by the faculty meeting at which graduate students were represented. I happened to attend one of those meetings on the day that one of my classes was going to be held. As we were leaving the meeting, a fellow student whispered to me, "You're going to be late for your friend's class!"

"Is that true?"

"Yes, I'm sure it is," my friend replied.

I thanked him and quickly ran to my friend's class. When I arrived, I was late.

"I'm sorry," I said. "I got caught up in things at the meeting."

"It's all right," my friend said. "Just be sure to be on time next time."

The end of class story.

2. Write a story about a time when you were late to class. Describe what happened and how you felt about it.

Assignment 24

Responsibility—take control.

SUMMARY: Give up responsibility—give up control. Take responsibility—take control.
"Matt told the department to buy a dog and keep it in the building. Whenever anyone got angry at something, he or she could call for the dog and kick it. He explained that it would be very inexpensive, since we could get the dog from the animal shelter, and we wouldn't have to feed it since it would be kicked to death in a few days anyway."

Of course, Matt was only joking. (A sick joke, at that.) But the story is still instructive. It appears that Matt was expressing a very real problem that he had not been able to solve. There are lots of frustrations in graduate school, and Matt undoubtedly had experienced his share. But when he got angry, Matt didn't know how to deal with his feelings in a positive way. Castigating about solutions, Matt quickly realized that what was needed was a losing strategy, and he turned it into a joke.

His question still remains: "How can I channel this anger so that I can get rid of it, or better yet, so that I can turn it to my benefit? I keep promising you the answer to this question, and I will keep that promise. But you and I will have to wait until the next chapter. In the meantime, it is important that you understand that channeling anger is a very poor strategy—it does little to relieve your anger and it often hurts other people, which ends up hurting you.

### Other Examples of Displacing Anger

Let's take a quick look at some of the ways in which anger is displaced.

- John had a rather nasty boss who frequently made him angry. Because he couldn't express his anger at the boss, he would kick the furniture whenever his favorite team lost a game.
- Naomi cut off pieces of her hair when her latest boyfriend was seen with another girl.
- Harvey kicked furniture whenever his favorite team lost a game.
- John displaced his anger on his wife or children.
- Harvey displaced his anger on inanimate objects.
- Naomi was mildly self-destructive, displacing her anger onto her own body.

### ASSIGNMENT 25

#### Directions:

1. In Unit 3, you met Cliff, who got angry at his coach for not starting him in a baseball game.
2. Fill in the True Sources of Anger Frame that follows this assignment. Use your own experiences, things you have seen happen to your friends, or incidents from television, the movies, or books. For each, write down what happened in column 1. In column 2, fill in the true source.
EXPRESSING ANGER

You may not be able to fill in too many rows right now, so keep this frame handy and enter more incidents as you notice them. If you are observant, you will find examples very frequently.

COMMENTS ON ASSIGNMENT 25

The displacement of anger is not always obvious. The source of Cliff's anger was himself. He knew he had not been trying hard enough during the past few games. But rather than admit his shortcoming, Cliff displaced his anger to his coach.
Aggression hurts the aggressor, too.

When her husband hit his anger with an obscene gesture, she stuck her finger in the direction of the other car. Her husband, a 27-year-old computer programmer, drove an Obscene Gesture in the direction of the other car, and every motorist who saw him saw him in front of him. After slamming on his brakes, he repeatedly hit his car to work on the freeway. It is not known if someone being in front of him by person responding to an initial act of aggression, people frequently begin to deal with their own frustrations. How many times have you read of someone being hit by a person responding to an initial act of aggression? The problem with aggression is an act of one person's aggression toward another person. Those other people frequently begin to deal with their own frustrations. How many times have you read of someone being hit by a person responding to an initial act of aggression?

Immediate release of pent-up energy is a relief. Unfortunately, the good feeling sensation lasts very long. Why did James use aggression as a means of gaining his parents' attention? James, a 27-year-old college student, tested his parents' attention by bringing them a long column of sticks. He asked them to pick up the sticks, kick them, and throw them at a person. It was known that no one considered it any fun.

James responded to aggression to anger feelings refer to a physical response. You have come to know that aggression is an act of one person's aggression toward another person. Those other people frequently begin to deal with their own frustrations. How many times have you read of someone being hit by a person responding to an initial act of aggression?

The problem with aggression is an act of one person's aggression toward another person. Those other people frequently begin to deal with their own frustrations. How many times have you read of someone being hit by a person responding to an initial act of aggression?
Drug and Alcohol

Using Drugs or Alcohol

UNIT 6

Comments on Assignment 26

1. On a sheet of paper in your notebook, list at least three physical activities that you enjoy that do not involve hurting others.

2. Next to each one, place a star if you feel that this activity would be useful in relieving anger.

Assignment 26

Help relieve energy—In fact, lets make an assignment out of it. These activities burn off some of the energy that you can think of other physical activities that may cause you to do things by yourself. If you are very angry, a one-person activity and something that may be difficult to find up unless you find somewhere that feels just as good. Such as relaxation or enjoyable activities that release energy and are fun. Playing a sport, such as basketball (you may want to choose a hobby by yourself) if you are very angry may cause people who are usually focused on the angry that do not involve hurting others.

Other Ways to Feel Good

The Angry Self
Looking Ahead

SUMMARY: People who use drugs or alcohol often

anger causes many more problems than it solves.

Please believe this. Losing things or alcohol to relieve
of how you may feel about these substances in general.
resent anyone telling them they should stop. Regardless

ANGER does not make the problems go away. Running away from problems does not make the problems

and anger. The anger cycle eventually worsens. Running away from problems that will continue to continue bad feelings.

Just as responding aggressively leaves a path of destruction above it ways, so does using drugs or

this anger, so when he’s had enough, he always turned to alcohol.

anger was not a tool—he understood all this. But he had never learned any other way to vent

can then control the anger.

leave alcohol nothing. The easy way to feel good had dictated Juan’s or the chance to deal with the prob-

Juan knew that when he woke up in the morning and had to face going to work again, he would

hangover, and being broke just to relieve the agony entirely the hangover up him.

by the time he had downed three of four his anger would be gone. It was worth his while. He

led you into thinking helped him to calm down. He would then begin to feel good about his work.

If you asked Juan why he continued behaviors that were clearly causing him problems, he would

... Juan knows he is doing nothing. But

with a few bruises is go alone with his hangover.

with a few bruises is go alone with his hangover.

worse and other who respond to anger with aggression. Juan often ended up

apparently got idea of a good husband was one who came home late, drunk, and broke. Since

Juan always looked well. When he got home, his wife would usually be disappointed with him.

10 hear. He could usually count on a few sympathetic words, especially from the bartender who

expressing anger

Be the first to express anger effectively and use its power to get what you want and need.

in any of these, you should try to avoid them. The next chapter will reveal a new set of