

Anger Video

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Discussion Questions

1. Which faces of anger do you use most often?
2. Identify ways in which you have used angry behaviors?
3. What feelings do you tend to cover with anger?
4. What hurtful beliefs do you have about anger and its expression?
5. How would you use the seven steps to change your angry responses?

Ten Faces of Anger

1. Passive Aggressive Behaviors
2. Caustic Remarks, Sarcasm
3. Verbal Abuse
4. Blaming
5. Guerilla Humor
6. Retaliatory Anger
7. Blind Rage
8. Isolation
9. Depression
10. Mediator

The Ways People Use Anger

- As a buffer against feelings
- Defense against shame
- An excuse
- Do you attack before you are attacked?
- Does it give you a sense of power?
- Do you allow yourself to be righteously indignant?
- Is it a high?

Seven Steps

1. Admit we are angry and our lives have become unmanageable as a result of the destructive and unhealthy expression of anger.
 2. Demonstrate a willingness to do something about your anger.
 3. Take a personal inventory of how your anger has affected your life.
 4. Using a written inventory as a tool, admit to ourselves and to another person how it is you have been hurtful with your anger.
 5. Make a written list of those you have harmed, yourself included and be willing to make amends.
 6. Make direct amends to such people whenever possible, except whom to do so would injure them or others.
 7. Continue to take a personal inventory of whether or not you are angry and when you are, promptly admit it.
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