Angry List Outline

**There are several types of anger, including passive, aggressive, assertive, chronic, retaliatory, behavioral, overwhelmed, volatile, and verbal anger.**

Passive anger

* Avoiding feelings, which can lead to resentment and frustration
* Suppressing feelings and avoiding conflict

Aggressive anger

* Expressing feelings in a way that's harmful or threatening to others
* Involves attacking or hurting others

Assertive anger

* A healthy way to express feelings without jeopardizing others
* Involves problem solving and finding solutions

Chronic anger

* A long-term emotional state of frustration, resentment, and irritability
* Can weaken the immune system and increase the risk of chronic diseases

Retaliatory anger

* A form of self-defense when someone or something is perceived as hurting or wronging you

Behavioral anger

* Anger that jumps from emotional to physical
* Can result in hitting a wall, throwing something, or striking another person

Overwhelmed anger

* An uncontrolled type of anger that usually occurs when we feel that a situation or circumstances are beyond our control

Volatile anger

* An outburst of extreme rage that occurs unexpectedly

Verbal anger

* Lashing out in the heat of the moment, unaware of their words' lasting impact on others

Here are some emotions that can be considered angry:

* **Annoyed**: A state of mind that can lead to frustration or anger if the annoyance persists
* **Irate**: An extreme form of anger that can lead to action, such as shouting, demanding, or violence
* **Frustrated**: A feeling of irritation that can lead to anger if the situation persists
* **Judgmental anger**: A reaction to a perceived slight, injustice, or someone else's flaws
* **Overwhelmed anger**: A feeling of being overwhelmed that can lead to sudden anger
* **Passive-aggressive anger**: An avoidant type of anger expression that involves denying or repressing feelings of frustration

**Some things that can make people angry include:**

* Being treated unfairly
* Feeling powerless
* Feeling threatened or attacked
* Other people not respecting your feelings, authority, or property
* Being interrupted when trying to achieve a goal
* Stressful day-to-day things, like rush hour traffic or paying bills

**Common things that can make people angry include**: feeling unfairly treated, being interrupted or disregarded, experiencing personal setbacks like financial problems, being publicly humiliated, encountering injustice, being bullied, experiencing stress, feeling physically unwell, being tired or hungry, having past traumatic experiences, and witnessing or experiencing discrimination; depending on the individual, even seemingly minor annoyances can trigger anger.

 **Specific situations that can trigger anger:**

* **Being treated unfairly:** When someone feels they are not being treated with respect or equity in a situation.
* **Being criticized or blamed unjustly:** Feeling attacked or accused without valid reason.
* **Having plans disrupted:** Unexpected changes or cancellations that disrupt someone's schedule.
* **Being ignored or disregarded:** Feeling like someone is not paying attention or taking their concerns seriously.
* **Personal setbacks:** Experiencing financial difficulties, relationship problems, or job-related stress.
* **Traffic congestion or delays:** Feeling frustrated by being stuck in traffic for extended periods.
* **Being publicly humiliated:** Experiencing embarrassment or shame in front of others.
* **Physical discomfort:** Feeling pain, being too hot or cold, or experiencing physical limitations.
1. Write about the types of anger you have felt or dealt with currently and in the past. This could range from past relationships as well as day to day experiences and lifetime trauma.

Example: -The types of anger I have dealt with currently and in the past are passive anger, chronic anger, retaliatory anger, aggressive anger, and overwhelmed anger.

1. Explore in more detail about these experiences and how they have affected your current state of mind.
2. Go back and rate each example from 1-100, 100 being the most angered 1 being the least.
3. Go into detail about the examples listed above and try to find useful solutions to relieve and extinguish these feelings. Try to identify key strategies and list the people, places, and things that originally made you angry. Use these Key strategies to better help you with this step.
4. Write angry letters that include the people, places, and things that angered you. Include triggers, reactions to certain situations, and solutions to better deal with them in the future.

Key strategies:

* **Recognize your triggers:**Pay attention to situations, people, or thoughts that commonly trigger your anger so you can anticipate and manage them better.
* **Deep breathing exercises:**When you feel anger rising, take slow, deep breaths to calm your body's physiological response.
* **Mindfulness and meditation:**Practice mindfulness to become more aware of your emotions and thoughts in the moment, and use meditation to promote relaxation.
* **Positive self-talk:**Challenge negative thoughts that fuel your anger with more constructive and realistic self-statements.
* **Physical activity:**Exercise can help release stress and improve your mood, reducing the likelihood of anger outbursts.
* **Healthy communication:**Express your concerns clearly and assertively, actively listen to others, and avoid accusatory language.
* **Time-out:**When feeling overwhelmed, take a short break to cool down before engaging further.
* **Journaling:**Writing down your thoughts and emotions related to anger can help you identify patterns and process your feelings.
* **Seek professional help:**If your anger is significantly impacting your life, consider therapy to develop coping mechanisms and understand the underlying causes of your anger.