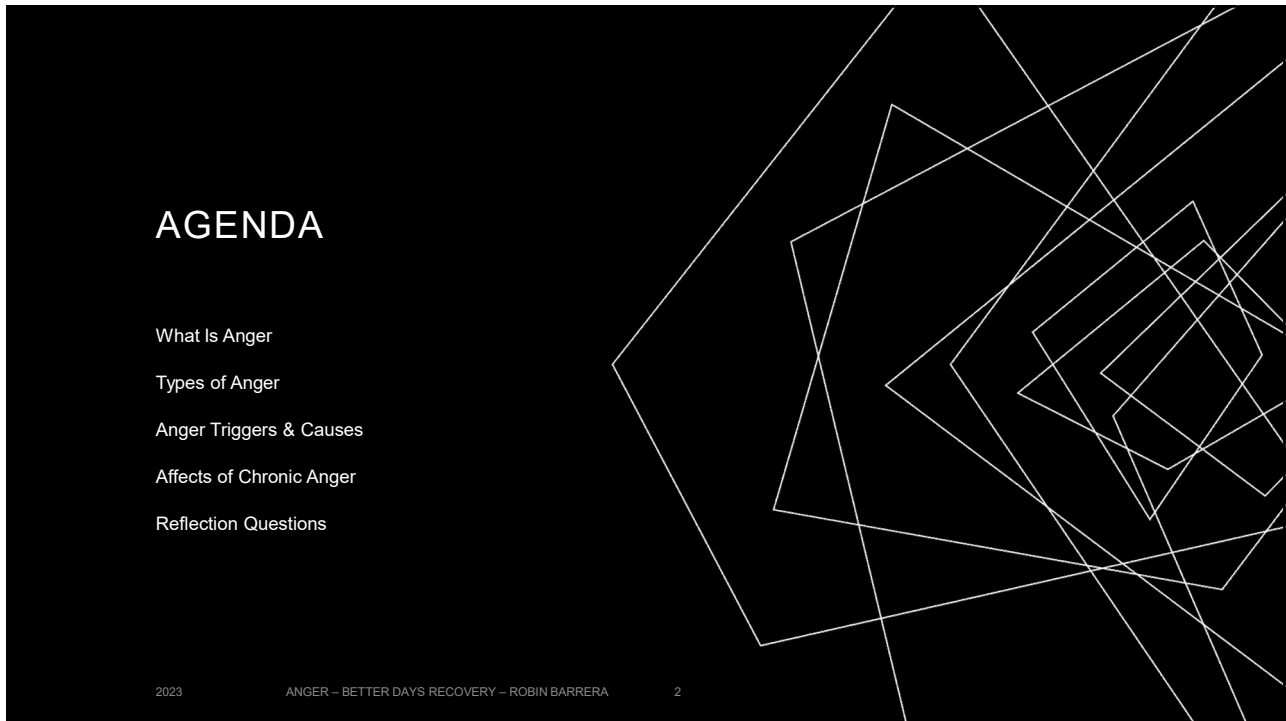


ANGER

Working Through Anger



AGENDA

What Is Anger

Types of Anger

Anger Triggers & Causes

Affects of Chronic Anger

Reflection Questions

WHAT IS ANGER

- Basic human emotion, along with happiness, sadness, anxiety, or disgust.
- Tied to basic human survival. Part of the “fight/flight/freeze” response of the sympathetic nervous system.
- Stems from a perceived sense of threat to our emotional or physical well-being.
- Can be a reaction to (or distraction from) other negative emotions.
- Outward direction of our negative emotions. (Inward direction shows as guilt / shame.)

TYPES OF ANGER

- **Passive Aggression –**
 - Those that don't like confrontation so they will not admit they are angry.
 - Comes out as sulking, the silent treatment, procrastination, faking being okay.
 - Comes from a need to be in control.
- **Open Aggression –**
 - Personality types that lash out showing rage.
 - Comes out as physical or verbal aggression, fighting, bullying, accusing, shouting, bickering, sarcasm and criticism.
 - Comes from a need to be in control.
- **Assertive Anger – This is the goal**
 - Controlled and confident, talking and listening.
 - Focusing on solutions instead of problems.
 - Thinking before speaking, being open and flexible.
 - Patient communication. Empathy.
 - Forgiveness used to solve problems.

ANGER TRIGGERS AND CAUSES

ANGER TRIGGER POINTS

- Being threatened or treated unfairly
- Being humiliated or having your self esteem undermined.
- Past experiences.
- Trauma / abuse.
- Grief.

ANGER COMMON CAUSES

- Stress.
- Not feeling appreciated or treated fairly.
- Relationship issues.
- Violence or abuse.
- Financial / societal challenges.

AFFECTS OF CHRONIC ANGER

PHYSICAL AFFECTS

- Prolonged release of stress hormones.
- Destruction of neurons in areas of the brain associated with judgement and short term memory.
- Weakening of immune system.
- Chronic conditions.

HEALTH AFFECTS

- High blood pressure.
- Chronic headaches.
- Anxiety / depression.
- Heart issues.
- Sleep issues.
- Digestive issues.

PERSONAL INVENTORY QUESTIONS

- When do I get angry? What situations? What are my environmental triggers?
- When do I get angry due to internal triggers?
- How do I act out due to my anger?
- Are there tangible consequences of my anger?
- Do I ever repress my anger?
- Am I ever ashamed of my anger?
- Do I see positive outcomes to my anger?
- Do I feel my anger is warranted? Why?

Anger Worksheet can be found at
betterdayscanbeyours.com/tools

THANK YOU

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