



5 Types of Anger

1) Black Hole Anger

- a. Lack of love
- b. Feeling abandoned
- c. Not feeling valued
- d. Being rejected

2) Failed-Trade Anger

- a. Lack of Mutuality (“After all I’ve done for you, you ...”)
 - ~ Unrealistic claims - unspoken contracts that the other person may not realize they agreed to.
 - ~ Feeling betrayed, gyped, swindled or let down
- b. Self-Constricted Anger
 - ~ It is about self-constrictedness - not allowing yourself to behave a certain way.
 - ~ Angry at someone who is free spirited, uncaring or irresponsible

3) Disconfirmation of Self-Image Anger

- a. Anger arises when someone disconfirms your self-image; your view of yourself (loss of buffer)
- b. Feeling humiliation or shame

4) Trapped Anger

- a. Freedom of movement constricted
- b. Someone makes a promise on your behalf and you feel responsible to fulfill it.

5) Entitlement Anger

- a. Anger when you feel you should get what you want simply because you want it, but you didn’t get it.
- b. Feeling entitled; having a claim to special treatment
Example: “I shouldn’t have to wait in this line/traffic.”