

# UNDERSTANDING and COPING WITH *ANGER*

1. **Anger** comes from the physical or emotional pain we feel in a specific situations to provide us with the energy to do something about it, e.g., fight, flight or freeze.

- Pain is frustration...or...hurt...or...fear...or...all three.
- **Anger** is a 'secondary' emotion...it comes, sometimes in a second, after the pain is felt or after frustration builds up during a period of time.

2. Types of **anger**:

- Somatizer...holds it in (usually denies or is not aware of it) & has adverse body & health reactions.
- Explosive...has an outburst of **anger** (sometimes to control others).
- Underhandlers...passive & won't confront but goes behind someone's back, is consistently late, has affairs with spouse's friends, etc.
- Self punisher...usually self critical & negative about self & others.

3. How to cope: **Immediately take a time out! Don't say anything, just go somewhere & be alone.**

- Stop & **THINK, THINK, THINK, THINK**, then **THINK** some more about:
  - Why am I **angry**?\_\_\_ **frustration, hurt feelings, etc.**\_\_\_\_\_?
  - What do I want to come of this?\_\_\_ **new/different from before**\_\_\_\_\_?
  - How can I get what I want?\_\_\_ **options for change \*** \_\_\_\_\_?
  - **Work the plan**:
    - Take time out (45 minutes sometimes to cool down).
    - Tell the other person what I'm thinking and feeling.
    - Tell the other person what I want.
    - Ask the other person 'how can we \*compromise/meet in the middle'?
    - Readdressing the issue the next day may be best/necessary. Make an appointment to get back together to discuss the above.