

How To Deal With Anger

1. **Aggressive** - Anger is expressed either physically, emotionally, or mentally. The result is that someone else is hurt.

Behaviour Choices: hitting, kicking, harassment, using put-downs, threats.

Message to myself: My anger is not OK so I am going to take it out on someone else. I will blame them for my anger because I am uncomfortable with my own feelings.

2. **Passive Aggressive** - Anger is repressed (kept down) by internalizing and denying it.

Behaviour Choices: cold shoulder, revenge, nasty rumours, depression (which is anger turned inwards), bottled up (will eventually blow up).

Message to myself: My anger is not OK so I will deny it. I am afraid of my feelings.

3. **Assertive** - Anger is expressed directly in a non-threatening way that does not hurt another person, yourself, or someone's property. Anger is suppressed. Acknowledge the feeling and decide to deal with the situation at a more appropriate time (near future).

Behaviour Choices: Make "I" statements that clearly express your feelings or what you need from the other person (time out, journal writing, physical activity).

Message to myself: My anger is OK and my feelings are an important part of who I am.

Remember:

- Nobody can 'make' you angry.
- We can choose to get in touch with our feelings and to deal with them without hurting anybody.
- We have the choice on how to deal with our anger.
- We can choose to accept and respect ourselves as well as others.
- We want to choose assertive ways in how we deal with our anger.

Resource: Adapted from the 2005 Healthy Relationships Curriculum-courtesy of Peter Davidson Innerwealth Seminars