The Salvation Army

POSITIVE LIFESTYLE PROGRAM

SESSION 2

Anger

What is anger?

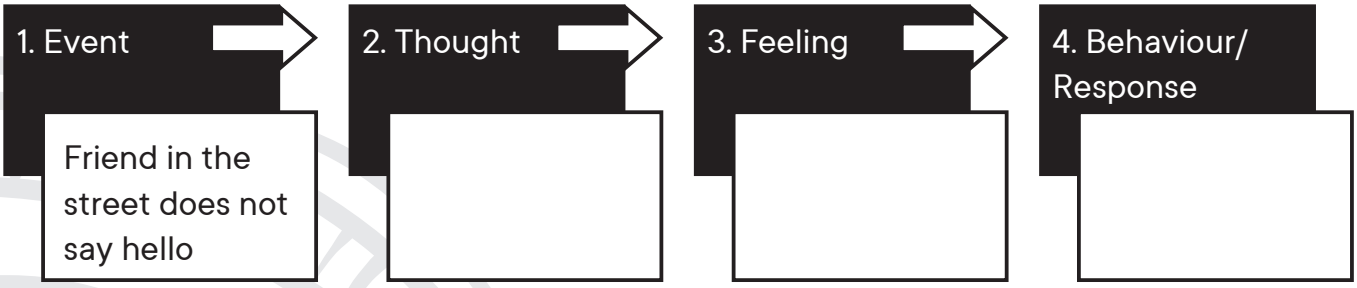
Aim: to recognise when we feel angry, the things that make us angry and find healthy, positive ways to express our anger.

Anger is a natural and powerful human emotion. We often feel anger when we are frustrated, embarrassed, hurt or misunderstood. It is OK to feel anger when we see or experience injustice or abuse. While it can be challenging to control our feelings, we are responsible for our actions and reactions.

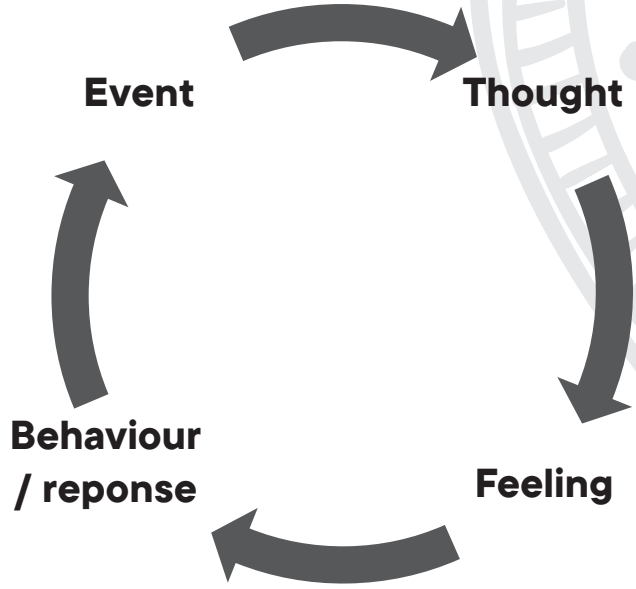
When we feel angry, it can be hard to express it in a healthy and positive way. If it is expressed destructively, we can hurt ourselves and others. It can lead to feelings of resentment, depression, physical complications or other stress-related illnesses.
If anger is expressed in healthy ways, it can bring about positive change.

Anger is often associated with the feeling of being unfairly or improperly treated by others. It may result in you feeling annoyed, irritated, frustrated, hurt or furious.

What would be your response to:



Our response to anger involves thoughts, feelings and behaviours. The events that cause us to feel angry are neutral in emotion. How we think about these events determine our feelings and behaviour.



In the diagram above, if we go from event to feelings, or event to behaviour without 'thought' anger can become destructive. We may return to the 'thought' space after i.e. when we apologize but our feelings and behaviour have still occurred and can affect ourselves and others. If we stop and think and acknowledge our feelings, our behaviour and responses will be more appropriate towards ourselves and others.

How does this match with an experience in your life?

1. Event

2. Thought

3. Feeling

4. Behaviour/ Response

Anger history

Anger is a response to a human emotion. It can affect our mental, physical and psychological well-being. It is helpful to identify our response to anger. Sometimes we need to accept that there are some situations or people we cannot change. In the following, tick or colour those that apply to you.

1. What factors trigger my anger the most?

Frustration	Criticism	Lack of sleep	Boredom	Stress
Drugs / Alcohol	Lack of privacy	Jealousy / Envy	Negative social media posts	Other:

2. How do you respond when angry?

Yell or scream	Kick or hit others	Cry
Withdraw / Silence	Speak to someone	Do nothing
Storm out / walk away	Break/throw things	Criticize others
Remain Calm	Control my impulse	Use coping skills to remain calm
Other:		

3. How does anger affect my physical health?

Overeating	Lack of eating	Upset stomach	Heart, chest problems
Headaches	Asthma, hay fever	Nausea/ vomiting	Skin problems
Throat problems	Twitches/ stuttering	Bladder problems	High blood pressure
Other:			

4. Anger becomes a problem for me when it is . . .

too frequent	too intense	too long	too aggressive

5. My anger becomes a problem for others …

Never	Rarely	Sometimes	Often	Always

6. The type of person that I get most angry with….

Anger Quiz

	Yes	No
16. I get mad in order to get what I want 17. I try to scare others with my anger 18. I sometimes pretend to be mad when I'm not really angry.		
19. Sometimes I get angry just for the excitement or action 20. I like the strong feelings that come with my anger 21. Sometimes when I am bored I start arguments or pick fights.		
22. I seem to get angry all the time 23. My anger feels like a bad habit I have trouble breaking. 24. I get mad without thinking - it feels automatic		
25. I get jealous a lot, even when there is no reason. 26. I don't trust people very much 27. Sometimes it feels like people are out to get me.		
28. I become very angry when I defend my beliefs and opinions. 29. I often feel outraged about what others try to get away with 30. I always know I'm right in an argument		
31. I hang onto my anger for a long time. 32. I have a hard time forgiving people. 33. I hate people for what they've done to me.		

(Styles of Anger Quiz from Letting Go of Anger- Potter-Efron & Potter-Efron, 1995)

How did you score?

Each set of three questions represents an anger style. If you have two or three 'Yes' answers in a set then look over the following brief anger style descriptions that link to that group of questions. Does that sound like you?