

SOME CONSEQUENCES RELATED TO BECOMING PUNISHING, EXPLOSIVE, AND ABUSIVE WITH OTHERS

BEING AWARE OF AND THINKING ABOUT THE POTENTIAL CONSEQUENCES BEFORE YOU SIMPLY REACT WITH HURTFUL, DISRESPECTFUL, OR ABUSIVE BEHAVIOR CAN BE PART OF THE “*DE-ESCALATION STRATEGIES*” PORTION OF THE *ESCALATION PREVENTION PLAN* THAT YOU DEVELOP FOR YOURSELF

Disrespectful and explosive anger can potentially lead to the LOSS of:

- ...Time and relationships with partners (they will eventually emotionally and, sometimes, even physically withdraw and distance themselves from you)
 - ...e.g. ending up in separation or divorce
- ...Time with your children
 - ...if your family is no longer living together
- ...Relationships with extended family, friends, neighbors, and acquaintances
 - ...e.g. holding grudges/having “feuds” with others
- ...Relationships with co-workers who won’t want to have much to do with you on the job
- ...The ability to communicate effectively
 - ...for you and for the other people around you
- ...Safety, trust, caring, and emotional and physical intimacy
 - ...for you and for others
- ...Self-respect, self-esteem, and self-confidence
- ...Others’ respect for you
- ...Your personal power
 - ...you end up feeling powerless and victimized much of the time
- ...Spontaneity, fun, and good times in your life
- ...Work responsibility, jobs, and career opportunities
 - ...disciplinary action and consequences on the job
 - ...being suspended or put on probation at work
 - ...quitting jobs impulsively and abruptly
 - ...e.g. when you’re angry with a supervisor or a co-worker or after “blow-ups” at work
 - ...being fired or terminated from a job
- ...Your freedom
 - ...having OFP’s (orders for protection) and restraining orders filed against you
 - ...being arrested by the police
 - ...having to go to court
 - ...spending time in jail
 - ...being put on probation and having to be “monitored” by someone else
- ...Your objects and personal property
 - ...having to replace or repair items you have damaged or destroyed when you were angry
- ...Your money
 - ...through attorneys’ fees and court costs spent in legal proceedings related to restraining orders, divorce hearings, and disorderly conduct or assault charges
 - ...spent fixing or replacing the property and possessions you have damaged or broken

- ...spent paying for therapy, workshops, or treatment programs
- ...Your ability to experience and identify feelings other than anger**
 - ...your anger becomes a “bad habit” and becomes the only emotion you allow yourself to feel and express in your life
- ...Honest communication with others**
 - ...people around you become fearful about being honest with you due to your disrespectful and explosive reactions in the past when they may have tried to be open and honest with you about something important to them
- ...Your physical health**
 - ...you may develop headaches, chest pressure or pain, gastrointestinal distress, or even suffer a stroke or a heart attack related to the anger and hostility that you experience

Other significant consequences can include any of the following:

You feel depressed and/or anxious and may isolate or withdraw from other people and from life

You don't ever get to address important couple and family issues

- ...your explosive and disrespectful anger **ALWAYS becomes the primary issue that needs to be addressed and completely overshadows other relationship issues** that may be important to discuss and resolve to make your relationship healthier and more satisfying for both you and your partner

You end up feeling “out of control,” “crazy,” “nuts,” “insane”

- ...and other people may think about you in those same terms as well

You create fear and intimidation in people whom you say that you care about and love

You may injure yourself or others

- ...e.g. hurting your hand when you hit a wall or a door; hurting someone when you have become violent with them; hitting yourself in the head

You hurt other people whom you care about

- ...emotionally (you can contribute to others feeling depressed, anxious, or shameful)
- ...physically (you may actually injure other people by what you have done, e.g. when you become violent with others)

You feel guilty and remorseful about what you are doing or have done to people whom you say you care about and love

You create shame, fear, and insecurity in yourself and others, destroying your own and others' self-esteem and contribute to an unending cycle of misery and unhappiness within and around you

You never face and acknowledge who you really are as a person

- ...i.e. what is underneath your harsh and disrespectful anger (e.g. your vulnerability and humanness)

Others may lose their “real identities” around you

- ...i.e. they are not able to be who they really are and want to be

You teach your children to aggressive, disrespectful, or abusive bullies or to be passive, compliant, and people-pleasing “doormats”

Your children are forced to take on adult and parental roles in your home

...e.g. trying to intervene in an argument between you and your partner

...e.g. trying to comfort your partner or you after an explosive and abusive incident

You or others around you may use alcohol, drugs, food, spending, sex, or other compulsive and irresponsible behaviors to “medicate” the pain that your punishing, disrespectful, and abusive anger creates

Stress and tension will be a constant presence in your relationships and in your home

...i.e. others will always feel fearful and intimidated by you and feel like they “have to walk on eggshells” around you

You violate important values that you say you have and want to live by

...e.g. a belief that you should never be “physical” with a woman or a child

...e.g. a belief that you will never be “the same” as your parent who did those sorts of abusive behaviors with you

Your anger overshadows everything else in your life

...the anger that you experience creates more and more negativity, hostility, and anger in you and in others

...your anger becomes your primary identity (it becomes WHO you are as a person, both for yourself and for others around you)

You cannot follow through with plans for couple or family activities

...hostile arguments beforehand force you or your partner to cancel plans at the last minute (or give you an “excuse” to do this)

You avoid genuine intimacy and true emotional connection with other people

...you will never really be close to those with whom you are disrespectful, punishing, and hurtful

You may actually kill yourself or others

...e.g. committing suicide or homicide, dying yourself or killing others in a road rage incident or a physical altercation with which you become involved