

## **WHERE ANGER CAN AFFECT YOU IN YOUR LIFE**

### **• WITH PARTNERS AND FORMER PARTNERS**

- ...loss of relationships with partners who were once important to you**
- ...conflictual, contentious, and volatile divorces, sometimes costing thousands of dollars**
- ...ongoing anger and resentment with former spouses and partners that keep you “stuck” in your life and unable to move on in a healthy way with a new relationship**
- ...anger, hostility, resentment, and abusive behavior with current partners which can result in emotional, verbal, physical, and sexual abuse; ongoing relationship and marital conflict; and emotional and physical estrangement from one another**

### **• WITH YOUR CHILDREN**

- ...explosive and disrespectful anger with your children:**
  - ... about their poor performance in school or in other activities;**
  - ...about their not listening to you and doing what you expect them to do;**
  - ...about their “picking on” or bullying their siblings;**
  - ...about their not doing their chores and homework; and**
  - ...about their being preoccupied with their cell phones, their video games, or their computers**
- ...which can lead to conflict with them, their becoming afraid of you; their becoming oppositional, defiant, and explosive or disrespectful with you; or their withdrawing and distancing from you emotionally**
- ...or their becoming bullies with their peers or becoming victims of other peers who are bullies with them**

### **• WITH YOUR EXTENDED FAMILY**

- ...conflicts/bad feelings/strained relationships/feuds and grudges with relatives and in-laws**
- ...blow-ups at holidays and family gatherings which can result in “ruined” and stressful celebrations**

...refusal to attend or not being invited to family get-togethers because of bad experiences that have occurred in the past

- **WITH YOUR FRIENDS AND ACQUAINTANCES**

...disagreements, feuds, and grudges that interfere with or end relationships with other people who have been important to you in your life

- **IN THE SCHOOLS**

...in-person (verbal and physical) bullying and cyber bullying  
...assaults and shootings in the schools

- **IN THE WORKPLACE**

...conflicts with supervisors, employees, and co-workers which can lead to a lack of cooperation and productivity; being put on probation; being suspended, laid off, or fired; or quitting and changing jobs abruptly  
...shootings and murders at the job site by angry or disgruntled employees who have been suspended, laid off, or fired and come back to wreak havoc on their former workplaces (think about the phrase "going postal")

- **IN YOUR NEIGHBORHOOD OR COMMUNITY**

...neighborhood disputes and anger which can lead to yelling matches, fist fights, police calls, and legal involvement and could include issues like:  
...a neighbor's outdoor cat coming into your yard and killing the birds you enjoy feeding  
...loud and disruptive noise (barking dogs, blaring car or home stereos, yelling or swearing during conflicts between couples or people on the street)  
...property damage, defacement, or vandalism (by children, teenagers pets, or even other adults)  
...problems with trees (e.g. crab apples or other debris dropped by a neighbor's tree onto your deck, your sidewalk, or other parts of your property)  
...property line disputes or fences placed on your property by a neighbor or interfering with your view of something you want to see

- ...”eyesore” properties: a neighbor who doesn’t or is unwilling to take care of his or her property
  - ...a yard with unsightly garbage, trash, weeds, tall grass, or abandoned vehicles
  - ...a dilapidated house with peeling paint or a garage or shed that is in disrepair and “falling apart”
- ...anger and conflict in neighborhood, condominium, or townhouse associations
- ...criminal activities like burglary, robbery, and drug use or sales
- ...gang activity that can lead to assaults and even murders
- ...mass shootings at schools, nightclubs, places of worship, retail establishments, or other places

- **IN THE ORGANIZATIONS WHERE YOU ARE ACTIVE**

- ...anger and conflict in youth sports (parents of athletes yelling at or assaulting each other or the referees) or in adult sporting activities (anger and conflict between players or players and umpires/referees in softball, soccer, volleyball or other leagues)
- ...anger, conflict, and unruly behavior at city council, and other community meetings
- ...anger, conflict, and unruly behavior related to school programs (e.g. PTA or school board meetings)

- **ON THE ROADS AND IN PARKING LOTS: “ROAD RAGE”**

- ...yelling and ”blow-ups,” threatening behavior, actual assaults, and even shootings on our roadways and freeways (with other drivers, bikers, or pedestrians) which can also occur in parking lots (e.g. over who gets a particular parking space)

- **IN THE AIR: “AIR RAGE”**

- ...passengers drinking too much or experiencing mental health issues (e.g. anxiety about flying) and acting out in a variety of ways, which can include:
  - ...passengers yelling and screaming at flight staff or other passengers
  - ...passengers urinating or defecating in the passenger section of a plane

**...passengers making threats, damaging or destroying property, or becoming physically abusive and assaultive with flight staff or other passengers**

**...passengers breaking airline rules (e.g. smoking in the bathrooms despite prohibitions against doing this) which can then lead to any of the above behaviors**

- **IN THE LARGER WORLD**

**...assaults, rapes, murders, wars, home-grown or foreign terrorism, and genocide in our country and all over the globe**

- **WITHIN YOURSELF: THE ANGER, NEGATIVITY, HOSTILITY, AND CYNICISM THAT YOU CARRY WITHIN YOU**

**...resentments, hurts, and frustrations that you carry with you from the past that affect how you function in your life today**

**...stewing and brooding about real or perceived injustices that others have done to you in the present**

**...fear, anxiety, and anger about what might happen in your life in the future**