

SOME IMPORTANT ELEMENTS IN LEARNING TO HANDLE YOUR ANGER MORE EFFECTIVELY AND RESPECTFULLY

- 1) UNDERSTANDING WHAT ANGER IS AND WHAT ANGER IS NOT**
 - ...I.E. BEING CLEAR THAT ANGER IS NOT THE SAME AS CYNICISM, HOSTILITY, DISRESPECT, AND ABUSE (WHICH ARE ALL TOXIC DISTORTIONS OF ANGER)**
 - ...DEFINING THE VERY REAL DIFFERENCE BETWEEN ANGER AND CONTROLLING AND ABUSIVE BEHAVIOR**

- 2) STARTING TO IDENTIFY YOUR CONTROLLING ATTITUDES AND BEHAVIORS THAT CONTRIBUTE TO YOUR DISRESPECTFUL AND HURTFUL EXPRESSIONS OF ANGER AND THEN WORKING HARD TO CHANGE THESE PARTS OF WHO YOU HAVE BEEN AND WHO YOU STILL CAN BE AT TIMES**

- 3) THINKING ABOUT AND APPEALING TO YOUR SELF-INTEREST**
 - ...ADDRESSING THE IDEA OF THE POTENTIAL AND THE VERY REAL AND SIGNIFICANT CONSEQUENCES THAT CAN ARISE AND HAVE ARISEN FROM YOUR DISRESPECTFUL AND EXPLOSIVE ANGER AND COMING TO AN UNDERSTANDING OF HOW THESE DESTRUCTIVE EXPRESSIONS OF ANGER INTERFERE WITH WHO YOU WANT TO BE AND THE LIVING OF YOUR LIFE IN THE WAY THAT YOU TRULY WANT TO LIVE IT**

- 4) CONDUCTING AN HONEST SELF-EXAMINATION OF YOUR ATTITUDES AND BEHAVIORS REGARDING YOUR EXPRESSION OF ANGER**
 - ...ASKING FOR AND REALLY LISTENING TO FEEDBACK FROM THOSE WHO ARE CLOSE AND IMPORTANT TO YOU ABOUT HOW YOU HANDLE YOUR ANGER**
 - ...BEING HONEST WITH YOURSELF ABOUT ANGER BEING A PROBLEM FOR YOU AND THOSE AROUND YOU WHEN IT ACTUALLY IS**

- 5) DIRECTLY ADDRESSING YOUR CHEMICAL USE AND MENTAL HEALTH ISSUES THAT MAY BE A PART OF YOUR DISRESPECTFUL EXPRESSIONS OF ANGER**

- 6) UNDERSTANDING THAT BOTH MEN AND WOMEN RECEIVE STRONG (AND OFTEN UNHEALTHY AND UNPRODUCTIVE) CULTURAL MESSAGES ABOUT EXPRESSING THEIR ANGER**

- 7) UNDERSTANDING THAT YOUR EXPRESSION OF ANGER IS ALWAYS A CLEAR CHOICE THAT YOU ARE MAKING AT THAT MOMENT AND REALIZING THAT YOU ARE NEVER REALLY “OUT OF CONTROL” EVEN THOUGH YOU MAY “FEEL OUT OF CONTROL” AT TIMES (WHICH IS VERY DIFFERENT FROM ACTUALLY “BEING OUT OF CONTROL”)**

- 8) **RECOGNIZING AND LEARNING TO EFFECTIVELY INTERVENE IN YOUR PERSONAL ESCALATION PROCESS**
 - ...DEVELOPING SELF-AWARENESS AND MINDFULNESS SKILLS THROUGH SELF-MONITORING THAT YOU DO IN AN ONGOING WAY**
 - ...BECOMING AWARE OF YOUR ANGER CUES AND TRIGGERS AND IDENTIFYING DE-ESCALATION AND CALMING STRATEGIES THAT YOU CAN USE TO INTERVENE IN YOUR ESCALATIONS WHENEVER THEY DO OCCUR**
 - ...I.E. DEVELOPING, WRITING OUT, AND THEN ACTUALLY USING YOUR ESCALATION PREVENTION PLAN AND YOUR TIME-OUT PLAN IN AN ONGOING WAY IN YOUR LIFE**

- 9) **IDENTIFYING THE FEELINGS, THE ENERGY, AND THE INTENSITY UNDERLYING YOUR DISRESPECTFUL ANGER EXPRESSIONS**
 - ...E.G. RELATED TO ANXIETY, DEPRESSION, AND FEELINGS OF SHAME, GRIEF, SELF-DOUBT, INSECURITY, CONFUSION, AND OTHER MORE VULNERABLE EMOTIONS THAT YOUR ANGER IS HIDING FROM YOU**

- 10) **REALIZING THE IMPORTANCE OF AND BEGINNING TO ADDRESS YOUR INTERNAL TOXIC SHAME ISSUES RELATED TO FAMILY OF ORIGIN, CHILDHOOD, AND CULTURAL MESSAGES YOU HAVE RECEIVED IN YOUR LIFE THAT CONTRIBUTE TO YOUR DISRESPECTFUL ANGER IN THE PRESENT**

- 11) **UNDERSTANDING THAT YOUR EXPERIENCE AND EXPRESSION OF ANGER IS OFTEN LEARNED FROM IMPORTANT PEOPLE IN YOUR CHILDHOOD AND FROM THE LARGER SOCIETY IN WHICH YOU LIVE**
 - ...I.E. UNDERSTANDING THE GENERATIONAL AND CULTURAL TRANSMISSION OF DISRESPECTFUL AND ABUSIVE ANGER**

- 12) **REALIZING THE IMPORTANCE OF AND UNDERSTANDING YOUR NEGATIVE SELF-TALK THAT ARISES FROM YOUR TOXIC SHAME AND HOW THIS SELF-TALK THEN CONTRIBUTES TO YOUR DISRESPECTFUL EXPRESSION OF ANGER; AND THEN WORKING ACTIVELY TO NOTICE AND INTERVENE IN THIS NEGATIVE SELF-TALK WHEN IT ARISES WITHIN YOU (I.E. WORKING TO DEVELOP AND THEN USE MORE POSITIVE AND AFFIRMING SELF-TALK IN YOUR DAILY LIVING IN AN ONGOING WAY)**
 - ...I.E. SEEING THE CLEAR AND DIRECT CONNECTION BETWEEN YOUR TOXIC SHAME, YOUR NEGATIVE SELF-TALK, AND YOUR DISRESPECTFUL EXPRESSIONS OF ANGER WITH OTHER PEOPLE**

- 13) **TAKING FULL AND COMPLETE RESPONSIBILITY FOR YOURSELF, YOUR THOUGHTS, YOUR FEELINGS, AND YOUR ACTIONS AND INACTION IN THE PAST AND IN THE PRESENT AND MAKING AMENDS AND APOLOGIZING WHEN YOU MAKE A MISTAKE IN HOW YOU HANDLE YOUR ANGER IN THE PRESENT**
...E.G. DEVELOPING AND WRITING OUT ANY AMENDS LETTERS TO THE PEOPLE IN YOUR LIFE WHOM YOU HAVE HARMED WITH YOUR ANGRY AND DISRESPECTFUL BEHAVIOR
- 14) **DEVELOPING EMPATHY AND COMPASSION FOR YOURSELF AND OTHER PEOPLE**
...WHICH INCLUDES DEVELOPING FORGIVENESS FOR BOTH YOURSELF AND OTHERS
- 15) **LEARNING AND THEN ACTUALLY USING EFFECTIVE ASSERTIVENESS (E.G. BEING OPEN, HONEST, DIRECT, AND RESPECTFUL) AND COMMUNICATION SKILLS (E.G. ACTIVE LISTENING, ASKING OPEN-ENDED QUESTIONS AND BEING TRULY INTERESTED IN OTHERS)**
- 16) **LEARNING AND USING EFFECTIVE CONFLICT RESOLUTION SKILLS**
...DEVELOPING THE GOAL OF “UNDERSTANDING” RATHER THAN “AGREEMENT” WHEN CONFLICTS DO ARISE WITH OTHERS
...ACCEPTING AND EVEN VALUING THE “DIFFERENTNESS” THAT TRULY EXISTS BETWEEN YOU AND OTHER PEOPLE
...LEARNING TO NEGOTIATE, TO COMPROMISE, AND TO “AGREE TO DISAGREE” IN CONFLICT SITUATIONS THAT OCCUR
- 17) **REALIZING THE IMPORTANCE OF EMOTIONAL CONNECTION AND SUPPORT IN YOUR LIFE**
...I.E. THE NEED FOR BOTH MEN AND WOMEN TO DEVELOP CLOSE FRIENDSHIPS AND CONFIDANT(E)S WHO CAN BE HELPFUL AND SUPPORTIVE TO YOU AND WHO CAN HELP YOU HOLD YOURSELF ACCOUNTABLE REGARDING HOW YOU EXPRESS YOUR ANGER WITH OTHERS
- 18) **WORKING HARD TO DEVELOP GENUINE SELF-ESTEEM, SELF-RESPECT, AND SELF-CONFIDENCE THAT IS NOT BASED ON HAVING “POWER OVER” OTHER PEOPLE OR SEEING YOURSELF AS BEING “BETTER THAN” OTHERS BUT RATHER ON YOU BECOMING PERSONALLY EMPOWERED IN YOUR OWN LIFE**
- 19) **DEVELOPING A SPIRITUAL AND MORAL “GROUNDING” (HOWEVER YOU DEFINE THIS FOR YOURSELF) WITH THE LARGER UNIVERSE AND CREATING AND THEN FEELING IN AN ONGOING WAY A GENUINE CONNECTEDNESS WITH OTHER HUMAN BEINGS**
- 20) **STARTING TO TRULY BELIEVE THAT YOU CAN ACTUALLY CHANGE THIS DESTRUCTIVE AND DISRESPECTFUL PART OF WHO YOU HAVE BEEN UP TO NOW**

21) UNDERSTANDING THAT CREATING CHANGE REGARDING YOUR ANGER EXPRESSION IS AN ONGOING AND A LIFELONG PROCESS
...I.E. ADDRESSING YOUR ANGER “A DAY AT A TIME” FOR THE REST OF YOUR LIFE
...DEVELOPING, WRITING OUT, AND USING AN *AFTERCARE PLAN* FOR YOURSELF TO TALK ABOUT WHAT YOU HAVE LEARNED IN ADDRESSING YOUR DISRESPECTFUL ANGER AND HOW YOU WILL CONTINUE TO USE WHAT YOU HAVE LEARNED IN MOVING FORWARD IN YOUR LIFE