

**SOME EXAMPLES OF
TOXIC DISTORTIONS AND PERVERSIONS OF ANGER:
What Anger the Emotion Is Not Intended To Be!**

BEING CONTROLLING: Being demanding, expecting that others will do what you want them to do, or telling others what they should do, what they should think, what they should feel, and who they should be

SULKING/POUTING: Trying to hurt and control other people with a passive-aggressive and hostile silence and a withdrawal that is punishing, ominous, and threatening
...e.g. emotionally withdrawing from your partner and refusing to talk or connect for long periods of time when you're angry with them; giving your partner "the cold shoulder" or "the silent treatment"

BEING BLAMING: Not taking clear responsibility for yourself (i.e. your thoughts, feelings, actions, and inaction); continually focusing on others and what they say and do to justify and excuse what you have just said and done
...e.g. *"I never would have said that to you if you wouldn't have put me down first"*

SCAPEGOATING: Dumping your anger on others who don't deserve your anger but who are "safer" and "easier" targets than the original person would be for you
...e.g. yelling at your partner or your children rather than speaking up directly about your concerns at work with your boss

LECTURING: "Going on and on" and "talking at" someone to try to make a point or convince them that you are "right" and that they are "wrong"

"RANTING AND RAVING:" "Going on and on" about some topic or issue that bothers you whether the other person wants to hear about it or not
...e.g. about the taxes you pay, a disliked neighbor or relative, local or national politics or political figures, how the government or your workplace is run, a micromanaging boss or a lazy co-worker, groups of people you "just can't stand" (e.g. welfare "cheats" or immigrants from another country)

LABELING: Making simplistic, critical, and hurtful judgments and assessments about other people
...e.g. *"What an idiot!, You're a moron!, Why don't you grow up!, You're nuts, You're a psycho, Don't act like such a bitch/asshole/loser," "You're stupid," "You're a whore/slut"*

“PREACHING:” Moralizing and making “right/wrong” assessments, judgments, and pronouncements about other people
...e.g. *“No one should ever do(say) something like that”*

“THERAPIZING:” Making “grand psychological interpretations” about why other people do what they do
...e.g. *“You’re just saying I’m abusive because of what your last boyfriend did to you”*

BEING SARCASTIC: Devious, ambiguous, cruel, and hostile joking at someone else’s expense (you can then deny that you really meant what you said or did and offer no opportunity to have a constructive dialogue with the other person about something that actually bothers you)
...e.g. *“You are such a winner!;” “You betcha...I’m sure you really know what you’re talking about;”
“Who made you queen/king of the world?”*

BEING AGGRESSIVE: Being “pushy,” rude, harsh, abrasive, bullying, and intrusive; completely ignoring what others think, feel, want, and need; and disregarding and violating other peoples’ rights
...e.g. *“I don’t care what you feel/think; To hell with you;”* “brutal honesty” where you say whatever comes to your mind without thinking about the possible emotional impact on the person(s) around you

BEING VINDICTIVE: Being vengeful and trying to “get even with” and “get back at” others for those real or imagined “wrongs” they have supposedly done to you

BEING “VICIOUS:” Taking advantage of another person’s vulnerability through intentional cruelty and/or betraying another person’s trust
...e.g. *“going for the throat;” “hitting below the belt;”* using confidences others have shared with you to hurt them at a later time when you are angry with them about something else

BEING PUNITIVE: Wanting to punish someone by making your reaction to them so strong that they won’t ever “dare” to repeat the behavior you dislike that they have done

VIOLENCE: Allowing your internal pain to build to the point where you make the choice to strike out at others physically or sexually
...e.g. poking, grabbing, pushing, restraining, slapping, punching, forcing unwanted sex on a partner