

Dealing with Anger

Causes: What kinds of situations make me get angry with my spouse?

1

2

3

Feelings: What sort of feelings do I have when I am angry with my spouse?

1

2

3

Actions: What kinds of things do I do when I am angry with my spouse?

1

2

3

Wishes: What way do I wish I acted when I am angry with my spouse?

1

2

3

Plan for Dealing with Anger

1. Describe the behavior or attitude you want to change. For example: anger, anxiety, quarreling, yelling, etc.
2. List several very personal reasons for giving up this behavior or attitude.
 - 1
 - 2
 - 3
3. Motivation for change is very important. From your reasons for giving up the behavior or attitude, select the most important reason.
4. Begin to think about how you could change your behavior if you wish to succeed.
5. Adopt a positive attitude. What has your attitude toward change been in the past? Indicate what attitude you are going to have now. How will you maintain this attitude?
6. Whenever you eliminate a behavior or attitude you dislike, often a vacuum or void will remain. Often, a person prefers the bad or poor behavior to this emptiness so he reverts back to the previous pattern. In order for this not to happen, substitute a POSITIVE BEHAVIOR in place of the negative. Describe what you can substitute for the behavior or attitude that you are giving up.

Anger Exercises

1. What are some things my spouse does that makes me angry?

- 1
- 2
- 3

2. How do I feel when I am angry?

- 1
- 2
- 3

3. How do I act when I am angry?

- 1
- 2
- 3

4. What could I improve in dealing with my anger?

- 1
- 2
- 3

5. What are some things that I do that make my spouse angry with me?

- 1
- 2
- 3

6. What do I do when my spouse is angry with me?

- 1
- 2
- 3

7. What ways could I improve in dealing with my spouse's anger with me?

- 1
- 2
- 3

Three Steps for Processing Anger

None of us likes being the subject or the object of anger. ~~Creating~~ ~~use of anger~~ ~~which~~ develops in marriage is the

- **Step One:** We agree to acknowledge and accept our anger as soon as we become aware of it. (Acknowledging anger is not venting it; it is simply communicating to the other person the state of our emotion, without accusation or blame.)
- **Step Two:** We agree we will not vent or suppress anger.
- **Step Three:** We agree to ask for the other's help in processing the anger that has developed. There may be a need for a cooling off period.

Cooling off Period

Sometimes the anger is too hot to handle at once. However, commit to address it with the least possible delay. Often, this allows time to think through and uncover reason for anger.

Ways to Express Anger

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- Pleasant behavior
- Seeking resolution
- Focusing anger on source only
- Holding to the primary complaint
- Thinking logically and constructively
- Unpleasant and loud behavior
- Curing
- Displacing anger to sources other than the original
- Expressing unrelated complaints
- Throwing objects
- Destroying property
- Verbal abuse
- Emotionally destructive behavior
- Passive-aggressive behavior