

ANGER TOOLKIT

1. How am I feeling right now?

<input type="checkbox"/> Anxious	<input type="checkbox"/> Worthless	<input type="checkbox"/> Hostile	<input type="checkbox"/> Depressed
<input type="checkbox"/> Mean/evil	<input type="checkbox"/> Revengeful	<input type="checkbox"/> Bitchy	<input type="checkbox"/> Bitter
<input type="checkbox"/> Rebellious	<input type="checkbox"/> Paranoid	<input type="checkbox"/> Victimized	<input type="checkbox"/> Numb
<input type="checkbox"/> Sarcastic	<input type="checkbox"/> Resentful	<input type="checkbox"/> Frustrated	<input type="checkbox"/> Destructive

These are some of the names that we give to our feelings of anger! There is no cure for any of them. The first step in resolving our anger problem is to **identify** it as anger! The purpose of this step is to make our anger more specific. No one can manage anger that is vague and covered up with euphemisms.

2. What happened to make you angry?

If we can focus on the specific incident, which triggered our anger, our anger becomes more understandable and easier to manage

3. Who am I angry at?

<input type="checkbox"/> My own self	<input type="checkbox"/> My spouse	<input type="checkbox"/> My partner	<input type="checkbox"/> My boss
<input type="checkbox"/> The kids	<input type="checkbox"/> God	<input type="checkbox"/> The Human Race	<input type="checkbox"/> My Life
<input type="checkbox"/> All men	<input type="checkbox"/> Women	<input type="checkbox"/> Other races	<input type="checkbox"/> Miscellaneous

Our anger usually will involve five (5) general areas.

(1) Our anger at others, (2) Others anger at us, (3) Our anger at self, (4) Residual anger from the past, or (5) Abstract anger. See our books and tapes on managing and coping with anger for a more detailed discussion of these five objects of anger.

Now that you have established the fact that you are angry and that your anger has an "object" in the real world, you are ready for the fourth step in working through the anger process. You are ready to factor your anger into its main components. If you can **identify** the specific facets of your anger, you will be in a better position to put your anger into a more moderate and more manageable perspective. You can do this by asking yourself a series of focusing questions.

4. How did the situation make me feel besides angry?

(Example #1: I resent being forced to give into them all the time. It makes me feel powerless!)

(Example #2: His criticisms of me make me feel unappreciated and good for nothing.)

Now that you have pin - pointed your feelings underlying your anger, you are now ready to put your anger n a clearer perspective. The next step is to “peel” your anger dow n to the next layer.

5. What about this angers me the most?

For example, you have established the fact that in the above situation it made you feel powerless, unappreciated or good for nothing. You are now ready to take a closer look at powerless, unappreciated or good for nothing. You are now ready to take a closer look at these feelings underlying your anger. What is it about being to feel powerless that angers you the most? Some examples of what you might find upon deeper analysis is:

“There is nothing that I can do about it.”

“ I feel so stupid !”

“I feel guilty for allow ing it to happen.”

“I feel inadequate to cope w ith this situation .”

Having peeled your anger down to this level, you are ready now to penetrate your anger at its deepest level. You are ready to focus on the real issue underlying all of the prior layers and levels of your emotional distress.

6. Now, what about this angers me the MOST?

This level of self-analysis usually brings us sown to bedrock. Down to the fundamental issue which underlies all the others, and which must be identified and relieved if we are to strengthen our vulnerability to mismanaging our anger – and make our lives more miserable that it needs to be. The answer found at this level of self-analysis often turns out to be, “I feel so w orthless!” It is hard for us to respect som eone w ho is stupid , helpless, inadequate and powerless! And when we have those feelings towards ourself, they destroy our respect for our ourselves.

We lose our self-respect and hold ourselves in contempt. The final step in managing our anger consists of replacing these feelings or worthlessness – even unworthy or our OWN respect – with its specific antidote. The only antidote for self-contempt is self-respect.

The book “**W ho A m I**” goes into the detailed process by which you are able to extricate yourself from this swamp of self-contempt, self doubt, and self-recrimination. You can then begin to get on with the task of coping with the ups and downs of relationships and everyday life.