

2012 Anger Mgmt Process
19Feb2012

1) Different Ways of Understanding Anger

- a. Cumulative stress (Volcano) model:
 - i. Anger is always a choice we make to reduce stress. As stress goes up, so does the likelihood that anger will be used to relieve it.
 - ii. Anger is not the only choice to reduce stress.
 - 1. Other choices for stress reduction on p49 of *When Anger Hurts*: crying, exercising, work, humor, writing, relaxation exercises, talking about it, recreation, sex, problem-solving, music, and rest.
 - iii. Factors contributing to stress can come from these four areas:
 - 1. Behavior: substance use, isolation
 - 2. Environment: job, relationships, airwave pollution, ...
 - 3. Physical factors: sleep, pain, tension/anxiety, ...
 - 4. Problem Patterns of Thinking: rigid rules, jumping to conclusions, negative expectations, etc.
 - iv. Reduce anger behavior by reducing stress
- b. Learning model:
 - i. Proposes that anger was learned
 - 1. From others
 - 2. Anger rewarded/reinforced
- c. Cognitive model
 - i. Our thoughts determine our feelings and behaviors.
 - ii. Events + Thoughts = Response (E+T=R)
 - iii. Thoughts = beliefs, images, memories, triggers, expectations...
- d. Anger Expression Styles:
 - i. Passive
 - ii. Passive aggressive
 - iii. Assertive
 - iv. Passive explosive
 - v. Explosive
- e. Appropriate vs. Inappropriate anger: Anger is rarely unavoidable and seldom necessary.
- f. HW: Create your Volcano Pie by identifying factors contributing to your stress, anger, depression, and worry. Assigned them percentages and put them in a pie.