

ANGER MANAGEMENT, IRRITATION AND RESENTMENT

Objectives

- ▶ Explore the function of anger
- ▶ Identify the types of threats that may prompt anger
- ▶ Identify different types of anger to include
 - ▶ Run of the mill anger
 - ▶ Irritation
 - ▶ Resentment
 - ▶ Envy/Jealousy
 - ▶ Guilt/Regret

Function of Anger

- ▶ Anger is part of the fight or flight reaction which is your brain's natural response to a perceived threat
- ▶ Anger pushes away or helps you dominate a threat

Types of Threats

- ▶ Threats can be to your...
 - ▶ Person (physical harm)
 - ▶ Property (Damage or take my stuff)
 - ▶ Self-esteem or self-concept
 - ▶ Hurt your feelings
 - ▶ Make you question your goodness as a person
 - ▶ Make you concerned that other people will think poorly of you
- ▶ Origin
 - ▶ Things others do or don't do
 - ▶ Internal critic/old tapes/others from the past
 - ▶ Conscience (guilt and regret)

Types of Threats

▶ Themes

- ▶ Rejection/Isolation
- ▶ Loss of Control/The Unknown
- ▶ Death/Loss
- ▶ Failure

▶ Real vs. Perceived Threats

- ▶ Real threats actually exist
- ▶ Perceived threats are based on
 - ▶ Cognitive distortions
 - ▶ Prior experiences
 - ▶ Emotional reasoning
 - ▶ Incomplete information

Activity

- ▶ How do you handle threats to your:
 - ▶ Person/property?
 - ▶ Self-Esteem?
- ▶ How can you handle threats from:
 - ▶ Others
 - ▶ Your internal critic (Past Others)
 - ▶ Your conscience (self anger, guilt and regret)

Anger/Irritation

- ▶ Anger is a generic term that describes the fight reaction in response to a threat
 - ▶ You feel like you can conquer the threat OR
 - ▶ You do not see any options for escape (think cat in a corner)
- ▶ Anger happens on a continuum ranging from mild irritation to rage
- ▶ The level of anger experienced is usually in proportion to
 - ▶ The immediate threat
 - ▶ The cumulative effect of multiple threats
- ▶ Many times when people feel angry, underneath they also have a sense of helplessness or disempowerment.

What Triggers Your Anger

▶ Threats

- ▶ Rejection/Isolation
- ▶ Loss of Control/The Unknown
- ▶ Death/Loss
- ▶ Failure

What to Do About Anger

▶ Identify the threat

- ▶ Explore the automatic beliefs triggering the anger
 - ▶ Why is this making you angry? (It makes me angry when.... I hate it when...)
- ▶ How is this similar to other (unresolved) situations in your past?
- ▶ Are there alternate explanations for the situation?

- Doctor running late
- Friend failing to keep a promise
- People who break the rules and get rewarded
- Not getting a promotion
- Other...

What to Do About Anger

▶ Identify the threat cont...

▶ What threat theme is it related to?

▶ Rejection: Is it really about you?

▶ Failure:

▶ Are you globalizing?

▶ What can you learn?

▶ Loss of Control/The Unknown:

▶ What parts of this were and were not in your control?

▶ What actions are worth your energy

▶ Death/Loss

▶ How does this impact how you see the world?

▶ How does it impact how you see yourself?

- Doctor running late
- Friend failing to keep a promise
- People who break the rules and get rewarded
- Not getting a promotion
- Other...

Activity

Trigger	What is the threat to? Person/ Property or Self- Esteem	Who is Causing the Anger? Others / Internal Critic /Conscience	Threat theme? Failure / Rejection / Loss of Control / Loss	Why is this threatening?	What can be done to address the threat in a way that helps me live a rich and meaningful life?
Cut off in traffic	Person/ Property & Self- Esteem	Others	<ul style="list-style-type: none"> • Loss of control • Loss • Rejection 	<ul style="list-style-type: none"> • Others put me in an unsafe position • Property, health • Being disrespectful 	<ul style="list-style-type: none"> • Be more aware. Avoid rush hour Report it to employer • Let it go

Resentment

- ▶ Resentment is anger directed at others for things they either did and shouldn't have or didn't do and should have.
- ▶ What is the impact of holding on to resentments?
 - ▶ Emotionally
 - ▶ Mentally
 - ▶ Physically
 - ▶ Socially
 - ▶ Spiritually (Hope, faith, courage/willingness, discipline, integrity)
- ▶ Many times underlying resentment are hurt feelings. (Example: You invited Jane to the party and not me.)

What Do You Resent

- ▶ Make a chart with 4 columns, one for each threat
 - ▶ Rejection/Isolation
 - ▶ Loss of Control/The Unknown
 - ▶ Death/Loss
 - ▶ Failure
- ▶ Take 30 minutes and identify as many resentments as you can and place them in the appropriate column (only one)
 - ▶ Review the finished list and mark off all resentments of things over which you have no control.
 - ▶ Now, cross off any that have no effect on your ability to live a rich and meaningful life
 - ▶ Explore how you can accept these things and let go of the anger
 - ▶ Of the ones left, brainstorm ways of addressing that resentment

Envy/Jealousy

- ▶ Envy and jealousy can be thought of as anger at someone else for having something you want.
- ▶ What is the impact of holding on to envy?
 - ▶ Emotionally
 - ▶ Mentally
 - ▶ Physically
 - ▶ Socially
 - ▶ Spiritually (Hope, faith, courage/willingness, discipline, integrity)

Envy/Jealousy

- ▶ Many times underlying envy and jealousy are:
 - ▶ Low self-esteem
 - ▶ People don't like me because I am not as pretty as her.
 - ▶ Lack of gratitude awareness
 - ▶ Focusing primarily on all the things you don't have
 - ▶ Lack of clarity about personal goals
 - ▶ I wish I were a CEO like her (but that would mean sacrificing other things more important to me)
 - ▶ Erroneous conclusions
 - ▶ If I were rich I would be happy.

