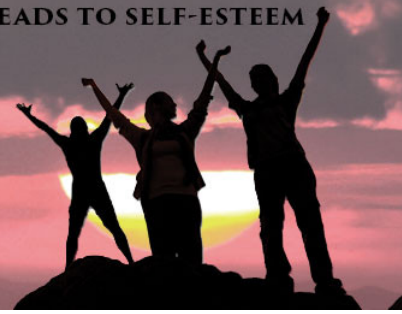


FEELING GOOD ABOUT YOU

THE JOURNEY OF DISCOVERY
THAT LEADS TO SELF-ESTEEM



Module 4 – Worksheet 3

Anger

Anger is a normal human emotion with which you are probably familiar. However, depending on your parental "shoulds" about feelings, especially negative ones, you may not be comfortable with it.

Anger is an emotion you experience when you feel that you or those you love or care about have been violated in some way. It is very often what we call a "cover-up" emotion. This means that there are usually other, more vulnerable feelings beneath the anger. Understanding what triggers your anger helps you become aware of your vulnerabilities.

For example, if you are trying to talk with an employee about the importance of coming to work on time, and s/he pays no attention to what you're saying, you probably "get angry." What you may really be feeling is discounted, ignored, disrespected, invalidated, and insecure in your role as manager, but rather than get in touch with all these vulnerable emotions and allow yourself to deal with your insecurities, you simply cover them up with anger.

The following exercise is designed to help you become aware of the angers in your life, look at what you may really be feeling, and ways you can deal with these emotions.

Exercise: Anger

In the space below list several situations that you have responded to with anger. Then look at what you were really feeling in that situation, and how you might have handled it and taken care of yourself differently.

Anger Situations:

How I dealt with these situations:

What was the consequence of dealing with anger the way I did?

What Was The Underlying Feeling that was covered by the anger?:

How else could I have handled the situation?

Alternate ways I will deal with anger in the future.

Reflections on Anger

- Anger is a normal human emotion.
- Anger is a result of negative self-talk.
- Anger is a cover-up emotion.
- There are usually vulnerable, insecure feelings beneath anger.
- The way to diminish anger is to get in touch with feelings, and find ways to deal with the vulnerability you feel.