

HANDLING ANGER CONSTRUCTIVELY

WORKSHEET # 9

"Angry feelings are OK.....Angry behavior may not be!"

"Anger is in the eyes of the beholder."

My anger is my problem. My spouse's anger is my spouse's problem.

Constructively dealing with anger.

Control it.

Use it up.

Think about it.

Talk about it.

What is my anger telling me?

1. I want my own way; (learn to negotiate, compromise).
2. I demand my rights; (insist on respectful treatment).

"Don't Stuff it, Don't inflict it; CHANNEL it.

QUESTIONS TO PONDER

Self:

- Do I have an anger problem?
- Where does my anger come from?
- What do I do with it?
- Am I usually a "stuffer" or "attacker"?
- How can I begin to deal more constructively with my anger?

In Relation to My Spouse:

- How might I be contributing to my spouse's anger problems?
- Do I encourage my spouse to stuff anger by refusing to listen?
- Do I allow him/her to direct anger at me that belongs elsewhere?
- Do I allow him/her to inflict anger on me?