

Goodbye To Anger, Frustration and Irritation

Anger Checklist

(Source: Gael Lindenfield 'Managing Anger')

Examine the following types of behaviour and tick any that you have used, or tend to use, when feeling angry.

1. Passive Anger

(This is generally when anger is being repressed and/or denied)

Secretive

- Stock-piling resentments which are often expressed behind people's backs or through sly digs inserted into seemingly innocent conversations
- Giving people the 'silent treatment', or under-breath mutterings
- Avoidance of eye contact
- Going round with a long face without explanation
- 'Put downs' disguised as caring remarks, or feedback ('It's for your own good'), or as jokes
- Gossip

Manipulative

- Using tears as a substitute for showing anger
- Sabotaging plans and relationships by being late, forgetting, or 'playing stupid'
- Withholding money or resources
- Using emotional blackmail
- Provoking people into aggression then offering patronising forgiveness

Self-Blaming

- Saying 'sorry' inappropriately, or too often
- Being overly self critical

Self-Sacrificing

- Being overly helpful
- Pointedly making do with second best
- Quietly making long suffering sighs but refusing help ('Don't worry about me').

Evasive

- Turning your back in a crisis
- Avoiding conflict and frustration
- Not communicating
- Becoming phobic (displacing blame for distress onto neutral objects or places.)

Obsessional

- Having overly high expectations of self or others
- Over-eating or over-dieting

2. Aggressive Behaviour

Threatening

- Frightening people by saying how you could harm them, their property etc
- Finger-pointing
- Leaning forward, hands on hips, fist shaking
- Slamming doors, showing irritation by tapping fingers, etc without expressing the cause of the anger

Hurtful

- Using physical violence
- Giving verbal abuse, with humiliating remarks, especially in public
- Using caustic/cutting wit, or unfair practical jokes
- Using foul language to offend
- Ignoring other people's feelings, especially when they are obviously manifest
- Labeling others (eg 'You're an idiot.' or 'You're a typical male chauvinist.')

Destructive

- Harming objects
- Knowingly destroying a relationship between two people
- Driving recklessly
- Drinking too much

Bullying

- Using threats, or violence, to get weaker people to conform to your will, or to do things they don't want to do
- Persecuting
- Pushing, or shoving
- Using money and other means of power to oppress
- Shouting down other people

Unjust blaming

- Accusing others of your own mistakes
- Blaming others for your own feelings and behaviour ('You're getting me angry.' and 'You drove me to it.')

Selfish

- Ignoring other people's needs
- Stonewalling genuine attempts to sort out frustrations ('There's nothing I want to talk about.')

Revengeful

- Being over-punitive
- Refusing to forgive and forget
- Bringing up hurtful memories from the past
- Doing something just 'out of spite'.

Unpredictable

- 'Blowing hot and cold'
- Having explosive rages over minor frustrations
- Attacking people's behaviour indiscriminately
- Dispensing punishment out of the blue
- Using drink and drugs that are known to destabilise one's mood