



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: 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 problem? 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?

MY GOAL IS: