

Payoffs of Anger

In this exercise you'll identify which of the five anger payoffs are influencing you. Don't be surprised if all or most are playing a part in your anger. For each payoff listed below, do a mental inventory of relationships and situations in your life. See if the payoff is in any way influencing or reinforcing your anger. If so, select a typical example and write it in the space provided.

Reduce stress (even momentarily) – using anger to discharge stress related arousal.

Hide emotional pain – using anger to defend against shame, guilt, depression, anxiety, etc.

Get attention – using anger to alarm people so they'll listen to you.

Punishment and revenge – using anger to make people feel as much pain as you do.

Change the behavior of others – using anger to coerce people to do what you want.