

Learning to Express Anger

1. Recognize your rationalizations for not expressing anger as rationalizations, (i.e. If I say something, it will hurt him/her).
2. Target your angry behavior. Understand the pattern of your anger.
 - A. The ways you express anger.
 - B. The different situations in which you experience difficulty - work, home, subordinated situations, authority figures, etc.
3. Recognize that you have a right to feel and express anger appropriately.
4. Avoid all indirect expressions of anger.
5. Realize that you have a right to raise your voice - slightly.
6. If you have never learned to express anger, try:
 - A. Role play, (i.e. with angry scenes from a play - then with friends enacting scenes of real life.)
 - B. Monitor yourself when you do get angry - what would you change.
 - C. With close people to whom you have never appropriately expressed anger, write a list of things from the past that have made you angry with that person. Ask them to do the same. Get together and discuss the lists – calmly.
 - D. If anger brings about tension and begins to interfere with other things, try to get it out of your system with physical exercise.
7. Make the deliberate decision not to express anger. This can be done after you realize that you have permission and have the capacity to express anger.
8. Or make the decision to express your anger appropriately. This can lead to important change in a relationship.