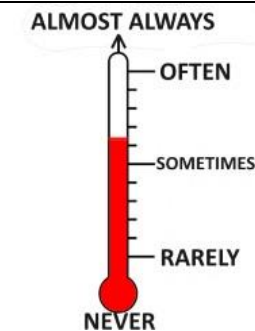




Anger Styles

People feel, experience, react to and express anger in different ways which can be defined as our ANGER STYLES. Most people have more than one anger style. Review the following below to determine your anger styles.

Directions: Read each item and then fill in the corresponding anger thermometer based on how frequently or infrequently each item is true for you using the following scale – NEVER, RARELY, SOMETIMES, OFTEN, ALMOST ALWAYS



1. Anger tends to make me anxious, worried or scared. Anger makes me uncomfortable when I am around it



2. I will hurt people in subtle or sneaky ways and sometimes they don't see what is coming until it is too late



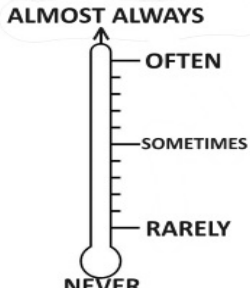
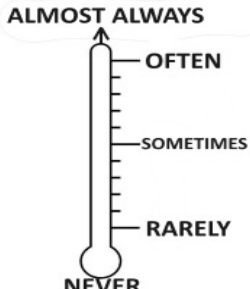
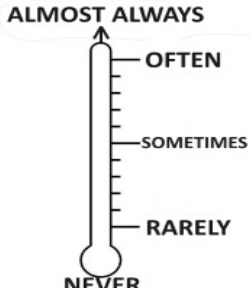
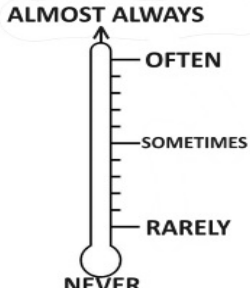
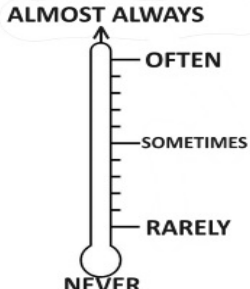

3. I can get angry at other people when I feel like I don't trust them or when I think that they have it out for me



4. My anger can come up quickly sometimes causing me to think before I act





<p>5. I do not handle criticism well and people may say I am overly sensitive</p>	
<p>6. I use anger or aggression purposefully to get what I want</p>	
<p>7. I enjoy the “rush”, excitement and feeling of power that comes with displaying anger</p>	
<p>8. I feel angry so much of the time that it has become like a bad habit</p>	
<p>9. I get angry when others challenge or say something bad about what I believe in or what I feel is important</p>	
<p>10. I can hold on to anger for a long time when I feel that someone has wronged me</p>	



Look at which areas your thermometer was highest with and then determine your anger styles:

- 1. Fearful Anger Style:** This means that you may have a tendency to avoid anger altogether because of an uneasiness or nervous feeling that you may feel when around anger or angry situations - **Fearful**
- 2. Crafty Anger Style:** The person with this anger style is more indirect and “sneaky” in their anger, and may choose more subtle forms of expressing their anger, sometimes through subtle revenge and passive aggression
- 3. Suspicious Anger:** With this anger style, anger is often based on a lack of trust for others and a concern that other people may have it out for you. Also referred to as paranoid anger.
- 4. Impulsive Anger:** Your angry comes on quick, sometimes before you’re ready, and it can be explosive
- 5. Shame-Based Anger:** This anger style is characterized by anger over personal criticism or sensitivity toward others and how they treat us
- 6. Intimidating Anger:** The person with this anger style uses anger to intimidate or control others or to get what they want from others
- 7. Addictive Anger:** Someone with this anger style may be addicted to the “rush” that anger can bring on as well as the feeling of power -
- 8. Habitual Anger:** Someone with this anger style feels angry frequently like a bad habit they can’t seem to quit
- 9. Righteous Anger:** This common anger style is based on anger over challenges to one’s personal beliefs or values. A person with this anger style will feel angry when they believe that they are being treated unfairly.
- 10. Resentful Anger:** This is the ugliest form of anger, based on holding anger in and holding grudges.

This exercise was adapted from “Letting Go of Anger” Potter Efron, R. (1995)