



Anger & Resentments

**“An expectation is nothing more
than a premeditated
RESENTMENT.”**

Define Anger

- A strong feeling of displeasure and aggression aroused by feeling wronged.
- Is an intense emotional response. It is a normal emotion that involves a strong uncomfortable and emotional response to a perceived annoyance. Often it indicates when one's basic boundaries are violated



Think BACK...

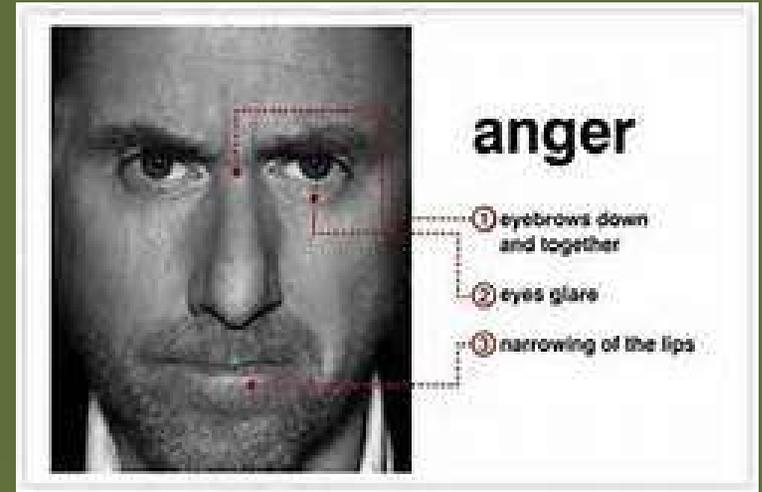
- To the last time you got REALLY angry.....
- What happened? JUST THE FACTS.....



**Did you set yourself up for
disappointment?**

**What was it that you
EXPECTED to happen?**

Potential signs of anger



- Persistent feelings of frustration toward oneself or others.
- An inability to enjoy life or the company of others.
- A hot temper or a tendency to yell or argue with others.
- Physical signs such as headaches, rapid breathing, or a pounding heart

Anger boils down to two

FEAR

things:

Of losing
something you
have, or

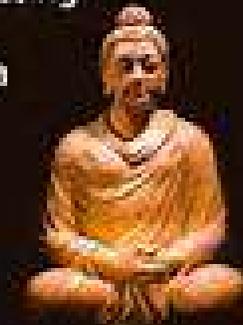
FEAR

Of not getting
your needs met

AND PAIN

Holding on to anger is like
drinking poison and expecting
the other person to die.

-Buddha



Is Fear always bad?

Fear is the beginning of knowledge, but fools despise wisdom

- Negative Fear- the over-exaggeration of what might happen to me
 - Being afraid of things that sound scary that aren't
- Positive Fear- the incredible feeling of being trusted with something
 - Deep respect for your life being molded

Where are you living your life?



**Think about it...is your
anger from Pain? Are
your feelings crushed?**

humiliated? Embarrassed?

OR IS IT FROM FEAR?

Fear of losing something you want to keep?

Fear of not getting your needs met?

Explosive Anger Style

- ◆ **What it looks like:** *"If you leave your jacket on the floor one more time, I'm leaving you!"* It may take a lot to push you over the edge, but when you get there, the earth shakes and people run for cover.
- ◆ **Why you might do it:** If you were never taught how to deal with irritation, you may habitually swallow it until you can swallow no more. Eventually your top will blow. Some people are anger junkies, who get off on the adrenaline rush of an emotional explosion, not to mention the fact that the onslaught can mean they get their way—at least in the short term.
- ◆ **The damage:** It is virtually impossible to feel empathy and anger simultaneously, so in the heat of the moment, you are more likely to say and do overly harsh things that you later regret.

How to turn it around

The damage: It is virtually impossible to feel empathy and anger simultaneously, so in the heat of the moment, you are more likely to say and do overly harsh things that you later regret.

Own your emotions. A simple rephrasing of your feelings can help you feel more in control. "I'm really upset by your behavior" is much more effective and empowering than %#*&@!.

"Research has shown that the neurological anger response lasts less than two seconds," says Ronald Potter-Efron, Ph.D.

Anger is never
without
a reason, but
seldom **with**
a **good** one.

Benjamin Franklin

Self-Abuse Anger Style

- ◆ **What it looks like:** *"It's my fault he doesn't help me. I'm a terrible wife."* You find a way to make everything your fault, every single time.
- ◆ **Why you might do it:** Somewhere along the line, your self-esteem took a beating and you decided that sometimes it's just safer and easier to be mad at yourself than at someone else.
- ◆ **The damage:** Constantly turning angry feelings inward can set you up for continued disappointments and even depression.

How to turn it around

Work on your self-worth- Make a list of your positive qualities. Developing a genuine sense of worthiness is a critical step in overcoming self-blame. Seek out a professional if you need more help in working around this issue.

•**Question yourself**- Every time you feel the urge to assume blame, start by asking yourself, "Who told me I was responsible for this?" Then ask, "Do I really believe that?" Instead of accepting all responsibility, thank yourself for recognizing the pattern in the first place

Passive-Aggressive Anger Style

- ◆ **What it looks like:** *"Oops. Did I delete all those old baseball games from the TiVo?"* You don't hide or swallow your anger, but you express it in an underhanded way.
- ◆ **Why you might do it:** You dislike confrontation, but you're no pushover, either. Some people who are cautious by nature turn to this style when they feel pushed outside their comfort zones.
- ◆ **The damage:** You frustrate people. You're living your life around making sure other people don't get what they want, instead of striving for what would make you happy. The bottom line: No one wins.

How to turn it around

- **Give yourself permission to get angry.** Tell yourself that anger is your psyche's way of saying you're tired of being pushed around. A mantra: Assertiveness is fine; aggression (passive or otherwise) is not.
- **Advocate for yourself/ Take Control.** Instead of "forgetting" to turn in your report at work or showing up late to meetings, gather your courage and tell your boss that your workload has gotten too heavy or that you're having an issue with a coworker. It won't be easy, but neither is looking for another job.

It's important to do something to take the reins of your situation

Engage in positive conditioning (repeated patterns of behavior) designed to alter your instinctual impulse to anger and transform your brain waves.

Just 3 keys to Enjoy Life :

CTRL+ALT+DEL



1. **Control** yourself
2. Look for **Alternative** solutions
3. **Delete** the situation which gives you tension...!!