

Chaplain's Life Enrichment Program



# Managing Anger

*Responding vs reacting*

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Anger Management

- Anger is a ***NORMAL*** emotion
- Protects our rights and freedoms
- Says ***"I AM"***
- Most difficult of human emotions



Anger Management

**What words do you use to  
describe being angry?**



## Anger Management

- **constructive & destructive**
- **repressed anger** (*anxiety, physical symptoms*)
- **Behind anger is hurt**
- **uncontrolled - can hurt and destroy**
- **alcohol makes it worse**



Anger Management

**A cruel blow (verbally or physically)  
once delivered,  
can *NEVER* be taken back.**

**“Be angry but do not sin; do not  
let the sun go down on your anger.”**

*Ephesians 4:26*



Anger Management

**We learn about anger from our families.**

**Was it *OK* or *NOT OK* to  
express anger in your house?**



## Anger Management

- How did your mother act when she was angry?
- How did your father act?
- How did you express anger?
- *What happened when you did?*



Anger Management

**Know your anger signals . . .**

**How does your body feel when you are angry?**

**How do you act when you are angry?**



Anger Management

Do you . . .

- Get mean and find blame?
- Act extra nice & try to please?
- Laugh and become sarcastic?
- Become withdrawn or quiet?
- Procrastinate?
- Break promises?
- Have difficulty eating & sleeping?



Anger Management

**Million Dollar Question**

**Who makes you angry?**



Anger Management

We make ourselves angry!

What really makes us angry is our *THINKING*  
about things that happen to us . . .

That is, how we *PERCEIVE* what happens to us

**WE FEEL THE WAY WE THINK**



Anger Management

## Responding vs Reacting

When you react  
*outward events, people, etc. CONTROL YOU*

- You lose your center
- Your emotions run away
- You're out of control



Anger Management

## Responding vs Reacting

When you respond  
*your INNER SELF directs you*

- You remain centered, grounded, balanced
- You are in control
- You remain self-directed



Anger Management

We make ourselves angry through  
*self-angering* thoughts:

**HOT THOUGHTS** - *cause you to react*

**COOL THOUGHTS** - *cause you to respond*



Anger Management

## 6 ways we make ourselves angry:

1. Labeling
2. Mind-reading
3. Fortune-telling
4. Catastrophizing
5. Shoulditis
6. Vengeance

## Ways we deal with anger . . .

### STUFFING

*usually begins with "I" followed by statements like:*

*"I'm not angry or upset." (denial)*

*"She really doesn't mean to get me angry." (sympathy)*

*"I really screwed up this time." (low self-esteem)*

*"I really don't have a right to get angry." (doubting)*

*"I know he's just trying to make me angry." (intellectualizing)*

**Leads to the *Mt. Vesuvius Effect***

## Ways we deal with anger . . .

### ESCALATING

*escalators begin their sentences with "YOU"*

"Why did **YOU** do that?"

"**YOU** made me angry!"

"**YOU** jerk!"

**Escalators do just that . . .**  
*they escalate into a major blow up*



Anger Management

## Ways we deal with anger . . .

### DIRECT IT

*the most difficult to do, but the most constructive*

### Simple Formula

**I feel angry** \_\_\_\_\_

**I would like** \_\_\_\_\_



Anger Management

## People who communicate their anger directly:

- Get their point across
- Feel better
- Communicate better