

How to Handle Anger and Anxiety

© **Bob Davidson**, M.Div., M.Ed., LMFT, CSAT

AAMFT Clinical Member

AAMFT Approved Supervisor

How to Handle Anger and Anxiety

Point One:

**Understanding WHERE anger
comes from is important.**

Anger is a **Secondary** Emotion, Not a Primary Emotion

Primary Emotions:

FEAR

FRUSTRATION

HURT

How to Handle Anger and Anxiety

Point Two:

**Understanding HOW we Hide,
Play Games, it's manifested in
your life**

Checklist for HIDDEN Anger -1

- Procrastination in completion of imposed tasks.
- Perpetual or habitual lateness.
- A liking for sadistic or ironic humor
- Sarcasm, Cynicism, or Flippancy in conversation
- Over politeness, constant cheerfulness, attitude or “grin and bear it.”

Checklist for HIDDEN Anger -2

- Frequent sighing
- Smiling while hurting
- Frequent disturbing or frightening dreams
- Over-controlled monotone speaking voice
- Difficulty in getting to sleep or sleeping thru the night
- Boredom, Apathy, Loss of interest in things you are usually enthusiastic about

Checklist for HIDDEN Anger -3

- Slowing down of movements
- Getting tired more easily than usual
- Excessive irritability over trifles
- Getting drowsy at inappropriate times
- Sleeping more than usual –12+ hrs a day
- Waking up tired, not rested or refreshed
- Clenched jaws, especially while sleeping

Checklist for HIDDEN Anger -4

- Facial tics, Spasmodic foot movements, Habitual fist clenching done unintentionally or unconsciously
- Grinding of teeth, especially while sleeping
- Chronically stiff/sore neck
- Chronic depression – feeling down for no reason
- Stomach ulcers

Anger Games -1

- Generalize – who will not be pinned down.
- Get a position so high that no one can get to me (putting people down puts me higher).
- False Anger (Drama).
- If you're angry at me, I'm twice as angry.
- I'm going to make you lose control and look like a fool.
- I'm going to punish you so you can learn your lesson.

Anger Games -2

- Ah! This is a perfect time to create a uproar.
- Playing helpless – I will not make any decisions, I'm always wrong anyway, so I won't make any.
- Shaming
- Pretending – Denial
- Pouting or Whining
- Revenge

Anger Games -3

- I'll forget her birthday
- I will run away to do him some good
- Martyrdom
- She accused me of having an affair, so I did.

Anger In

- Headache
- Ulcers
- Cramps
- Stomach pain
- Back pain
- Eyes ache
- Neck pain
- Anxiety
- Tired
- Loss of appetite
- Fibromyalgia
- Depression
- Insomnia
- Lethargic
- Distant
- Lonely
- Miserable
- Condemning God
- Spiritual bankruptcy

Anger Out - Leaking

- Critical
- Condemning
- Gossip
- Ethic jokes
- Swearing
- Irritable
- Intense
- Argumentative
- Risk taking
- Stubborn
- Lying
- Cheating
- Stealing
- Hitting
- Destroying property
- Rape
- Seduce
- Denying God

Anger Management

A Ten-Step Program

1. Accept that most things in the world are out of your control.
2. Accept that it is your choice to get angry about those things.
3. No one makes you angry.
4. Life is unfair. Waste no energy lamenting or trying to change that fact.
5. No one like to be around an angry person. No one feels like helping an angry person.

Anger Management -2

A Ten-Step Program

6. So why be angry? Maybe you really don't want your problems solved. Maybe you just want to complain and wail.
7. Take stock of yourself. What do you want?
8. Work issues from your family of origin – in therapy.
9. Keep an Anger Log, rigorously work it.
10. Chart your violence sequence: Identify the Safety Zone; Danger Zone; Abuse Zone; and Violence Zone. Be very specific and detailed.