

# ANGER STYLES

- STUFFING      ESCALATING      MANAGING

ESCALATING — an aggressive style of coping with anger.  
 — a heated, extreme reaction to a situation.

Do you "escalate" to rage? \_\_\_\_\_

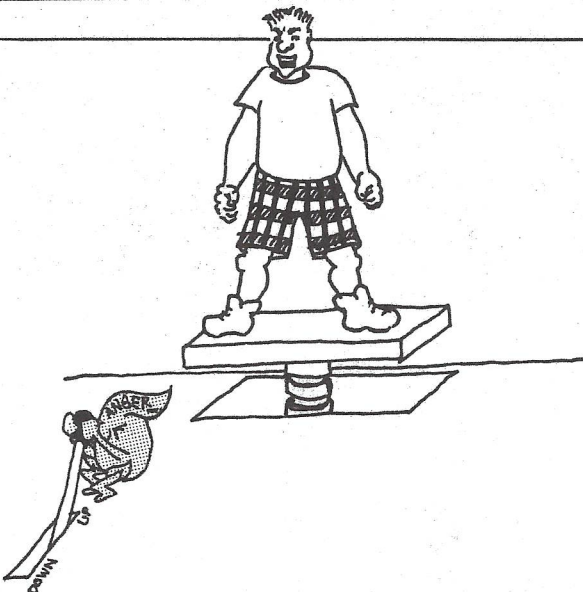
Do you try to control, but lose control? \_\_\_\_\_

*"Escalators" blame and shame the "provoker".*

*"Escalating" often leads to hurtful situations.*

Some reasons we escalate are:

- 1] feeling "I have no other choice".
- 2] to demonstrate an image of strength/power.
- 3] to avoid expressing underlying emotions.
- 4] fear of getting close to someone.
- 5] it's the only response we have been taught.
- 6] lack of communication skills.
- 7] \_\_\_\_\_
- 8] \_\_\_\_\_



Results/Outcome:

- 1] desired results may be short-term.
- 2] possible physical destruction.
- 3] hurts relationships.
- 4] affects physical and mental health.
- 5] may cause legal problems.
- 6] \_\_\_\_\_
- 7] \_\_\_\_\_