

ANGER STYLES

- STUFFING ESCALATING MANAGING

STUFFING — a passive style of coping with anger.
— not allowing yourself to express anger in an open way.

Do you “stuff” your anger? _____

Do you tend to avoid open, honest and direct communication about why you are angry? _____

“Stuffers” can deny anger...

they may not admit to themselves or to others that they are angry.

“Stuffers” may not be aware that they have the right to be angry.

Some reasons we “stuff” are:



- 1] fear of hurting/offending someone.
- 2] fear of being disliked or rejected.
- 3] fear of losing control.
- 4] feeling it's inappropriate (not ok) to be angry.
- 5] feeling unable to cope with such a strong, intense emotion.
- 6] fear of damaging/losing a relationship.
- 7] it's a learned behavior (but, it can be unlearned!).
- 8] _____
- 9] _____
- 10] _____

Results/Outcome:

- 1] anger comes out — regardless.
- 2] hurts relationships.
- 3] affects physical and mental health.
- 4] _____
- 5] _____

