

Anger 101-R



An introductory *booklet* on Anger Education for the Recovering Person

NAME: _____

Date *booklet* Received: _____



Topics Include:

- ◇ Confronting the *True Nature* of Anger
- ◇ What is an *Anger Iceberg*?
- ◇ Uncover the *Secret Force* Behind Anger
- ◇ Identify The 3 *Sources* of Anger
- ◇ How can you Stop a *Stack Attack*?
- ◇ What is the Connection Between Anger and *Success*?

About the Author Michael J. Speakman, LISAC



Mike is a Licensed Substance Abuse Counselor and *Anger Education* Coach. His knowledge about *anger* comes from working in treatment centers since 1988. In 1991, Mike developed his first Anger Management Training program for the Salvation Army Adult Rehabilitation Center. Since then, he's developed and taught anger management workshops for counselors, the general public, high-school and college students, and in the criminal-justice system. His goal is helping people understand the true nature of anger and how to use it as a positive force in their life.

Mike is the developer of SMARTS-Training® (Self-Motivated Anger Release Tools & Strategies), a comprehensive Anger Management Training program for people with identified anger problems. Treatment Centers across the country have been using Mike's program since 1992. You can find more information at: www.smartstraining.com.

Mike is the author of the “*Healthy Expressions of Anger*” Workbook for Recovering Persons and “*Healthy Expressions of Anger*” Workbook for **Recovering Couples**. These are for people who may *not* have a serious anger problem, but could benefit from learning new ways to improve how they deal with their anger, and the anger of others. More information at: www.mikespeakman.com.

Mike is also on staff at Calvary Addiction Recovery Center, a faith-based residential treatment center for substance abuse and problem gambling. More information at: www.calvarycenter.com.

Author's Note

Dear Reader:

This introductory *booklet* is not for sale. It's provided to you at no cost by someone who cares enough to give you a copy of it. I have made it available to counselors, coaches, sponsors, ministers, and others who are in the people-helping field and I have given them permission to make and distribute copies to those who might benefit from the information it contains.

This is my way of giving back to my community and also a way to introduce my *Healthy Expressions of Anger*” Workbook, which I market to other professionals and the general public.

This *booklet* provides an un-complicated understanding of the *true nature* of anger, a detailed explanation of the three *sources* of anger, and some simple tools for dealing with frustration. Getting this “basic anger education” can immediately help a person deal with their anger better, and also with the anger of others. However, a person may want to go beyond what they've learned in this *booklet* and gain additional tools for dealing with anger. Those tools are found in my “*Healthy Expressions of Anger*” Workbook (more information on Page 36).

After completing this *booklet*, if you have the time and the inclination to fill out the *booklet evaluation* (page 37) and mail it to me at the address below, I would be very grateful. I'm asking for your feedback because it helps me with my goal of continual improvement of my Workbooks.

Thank you in advance,

Mike

Introduction

Anger is Good –When you’re in Control of it

According to the AA Big Book, “Resentment is the number one offender”. Since resentment is just *old anger*, it becomes vitally important for the recovering person to learn how to deal with their anger *sooner* –before it turns into resentment. But, how can you be expected to have much control over your anger without education? And, because of present-day negative views about anger, (anger is sinful, causes violence, etc.) our society has chosen to not routinely teach people about it. This only serves to perpetuate a common problem of ignorance and fear.

Fear and Ignorance Go Together

Anger, like fire, is a form of *energy!* Ancient man was afraid of fire, not just because of its destructive potential, but also because of his ignorance about it. Many people today, because of their ignorance, are afraid of anger. When mankind finally had the courage to learn about fire, fire’s energy was harnessed and used in positive ways. It’s time now, for people to learn about anger so anger’s energy can be used for good.

A Key to Accomplishing Goals

“Anger empowers addiction”, says author Terry Kellogg. However, with education, anger can empower a rewarding life instead. Of all your emotions, how you deal with your *anger* turns out to be the most important factor in determining whether you will, or will **not** have a chance for a fulfilling life. That’s because anger provides *energy* that can *empower* you to take *action* to accomplish your life’s goals, and *anger* can also help you *overcome* paralyzing fears that might stop you from taking the actions necessary to accomplish your goals.

Very Common yet Very Misunderstood

Anger is also probably the most common of all human emotions (there are more than 40 other words for *angry* in the English language). Anger might also be the most misunderstood emotion. There are countless myths about anger and many of them are fearful. These misunderstandings and myths contribute to a predictable cycle: “*Fear of anger keeping people ignorant about it, and ignorance about anger keeping people fearful of it.*” Hopefully, this *booklet* can help people break that cycle.

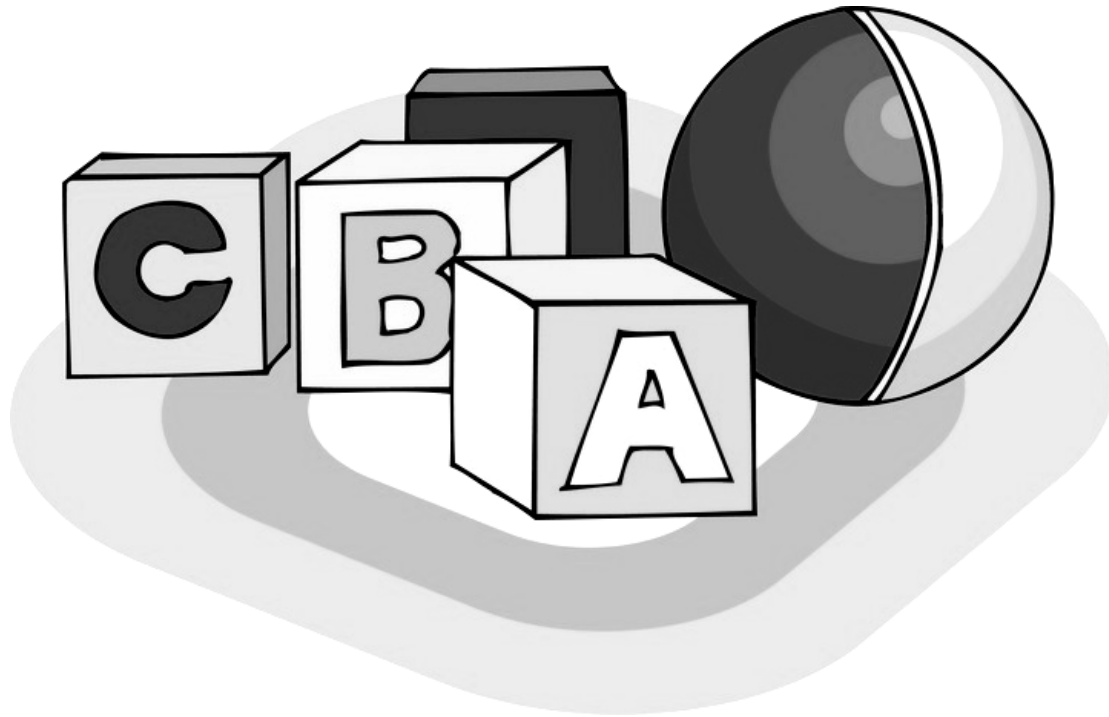
Getting the most out of this *booklet*

In order to learn more about anger, it is not necessary that you complete the simple exercises and questionnaires to follow. However, if you do decide to complete them, you will be rewarded with a deeper understanding of this vitally important subject.

Ancient Chinese Saying:

“What I hear, I forget. What I see, I remember. What I write, I understand.”

The “True Nature” of Anger



Before getting into the *ABC'S* of Anger, it can be helpful to examine the “Signs” of anger. It’s important to remember that anger is an emotion, and as such, it is not **directly** observable.

Anger, like all the other human emotions (fear, grief, joy, shame, etc.) actually consists of *invisible* energy.

So, how do we know when the invisible emotion of anger is present? Well, when it’s our anger, (often, but not always), we will *feel* it somewhere in our body. That’s why emotions are called *feelings*. But, when another person is experiencing anger, it may be harder to notice. However, there are **signs** that can let us know when anger is present, and we will review them in the following Questionnaire.

"Signs of Anger" Questionnaire

Name: _____

Date: _____

Anger is one of our basic human emotions. You can't really see an emotion any more than you can see another person's thoughts. However, even though anger itself is invisible, you may still be able to tell when a person is angry by noticing certain "SIGNS".

Check \checkmark all the **Signs** of anger you recognize in **other** people
and **Circle** all of the signs of anger you notice in **yourself**.

/ / Red Face/ / Yelling/ / Loud Voice/ / Sarcasm/ / Cursing/ / "Put Downs"/ / Silence/ / Arguing/ / Threatening/ / Excessively Critical/ / Tears/ / Excessive "Controlling"/ / Name Calling/ / Excessive Complaining/ / Tension in Voice/ / Firing off guns/ / Hitting/ / Slamming doors/ / Hurting animals/ / Destroying Property/ / Emotional Withdrawal/ / Pouting/ / Throwing things/ / "Dirty Tricks"/ / Frowning/ / Sweating/ / Other: _____

My Physical Anger Signs: _____

Signs I notice **within myself**, when my *anger level* is
Going Up (Muscle tension, tight jaw, heart pounding, etc.)

Over-Reactions of Anger -What can be Done About Them?

The “Anger Iceberg” Concept

Anger Comes From 3 Main sources –And They Add Up

Anger comes from 3 main sources: Recent frustrating events, hurtful on-going situations, and past un-resolved situations of hurt. But, like an iceberg, the majority of a person’s anger can be **hidden**. Recent frustrating events are obvious, but the other two sources are not. And, when these 2 (potentially) hidden sources of anger have not been dealt with, they remain **un-resolved**, just waiting to be expressed. The anger from these “long-standing” sources can **add** to the anger that comes from a recent minor upset and that’s when an *over-reaction* of anger may occur.

For example, if you notice an excessive level of anger being expressed by your friend Bill, over a small upset (such as milk being spilled at his dinner table), it might be because he’s expressing some **additional** anger from some Hurtful On-going Situation in his life. The milk spilling might also *trigger* Bill’s memory of an Un-resolved Situation of Hurt from his *past*. That would add even more anger and help explain why he has such an extreme *over-reaction*.

To be able to stop having *over-reactions* of anger, a person must learn how to deal with anger from Recent Frustrating Events. And, also learn how to resolve issues that contribute to the **other two** sources of anger as well. Effective Anger Education provides *tools* and methods for dealing with **all three** sources of a person’s anger.

