

My Cause of Anger

Summary

Anger can be a very disabling emotion while taking control of it is difficult. But if you want to get it, it's important to change irrational thinking and negative self-talk. Becoming aware of these thoughts and messages is an important step toward changing them. This activity will help us with this endeavour.

Aims

- To learn about the inner source of anger
- To identify trigger response patterns
- To gain insight into a situation with an emotional distance
- To evaluate proactive rather than reactive action

Participants

civil servants, public administration staff, youth counsellors, teachers, NGOs

Method

experiential learning, self-exploration, interview, awareness-raising

Source

Williams, M.B., Poijula, S. (2016). *The PTSD Workbook*. Oakland, CA: New Harbinger Publications, Inc.

Keywords

anger, self-help, internalization

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Description

Follow the next explorative steps.

1. The situation that really upset me and caused me to feel anger:

2. Write a few sentences that describe you in the situation.

Now try to think of that situation in a different way. Ask yourself the following questions:

3. What were my needs in this situation?

4. How was I trying to get them met?

5. What were my fears?

6. What was my level of stress?

7. What events were influencing me?

8. What did I not know at that time that would have helped the situation?

9. What skills did I use to react?

10. What skills did I lack?

11. What emotional limitations impacted me at that time?

12. What physical limitations influenced me?

13. What values and beliefs influenced how I behaved?

14. What rewards or sources of pleasure did I hope to get?

15. What resources did I have to help me?

16. What other resources did I need?

17. What would these questions lead you to say or write about the situation overall?

Now think about some alternative ways to deal with the situation. Write at least 10 alternatives how to combat your anger.

Material

paper, pen

Category: Social Learning, Group size: Individual, Duration: 60 min

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