

THE ANGER FAMILY!

A SELF-HELP GUIDE TO IDENTIFYING AND COPING WITH ANGER AND ITS RELATED FEELINGS

How much power do these feelings have?	Definition	What triggers this feeling?
HIGH POWER RAGE FURY	RAGE Uncontrollable, often violent, explosive anger. FURY Extreme anger yet can still be controlled. Can quickly turn into rage.	
MEDIUM POWER ANGER RESENTMENT ARGUMENTATIVE EXASPERATION	ANGER A natural response to perceived threat, unfair treatment, and/or unresolved annoyance. Anger includes: RESENTMENT Happens when anger remains unresolved towards identified source, with the result being that the situation is deliberately unfair. ARGUMENTATIVE Happens when using words to blame others for being responsible for being the source of the anger trigger. EXASPERATION Happens when source of annoyance is not resolved (frustration) and continues to happen.	
LOW POWER FRUSTRATION ANNOYANCE	FRUSTRATION Anger Light-Continued annoyance over being repeatedly unsuccessful in achieving a goal; often comes as a result of unresolved annoyance. ANNOYANCE Diet Anger-Very mild anger caused by un-expected irritation and distraction from what you are trying to do.	

MY HELPFUL TOOLS!

WHAT DO I NEED TO DO TO MANAGE THIS FEELING?!

Feeling	Tools
HIGH POWER RAGE FURY	<p>Destructive Tools: Crush cans; tear up paper; pound pillows; throw balls outside; crush boxes; stamp feet; smash and destroy plastic cups; punch punching bag; break Styrofoam; beat up stuffed animals; hitting balloons around room; screaming into pillow; intensive jumping; pop balloons;</p> <p>More Pro-social Tools: Destruction of above items can be used when preparing recyclables for pick-up; burpee push-ups; tearing out weeds or vines; running in-place; silent screaming (scream without making sound); moving heavy objects; tug-of-war; practicing martial arts; push against wall or floor.</p> <p>What other tools can you think of?</p>
MEDIUM POWER ANGER RESENTMENT ARGUMENTATIVE EXASPERATION	<p>Heavy physical labor such as yard work; popping air-packets or bubble wrap; push-ups; jumping-jacks; run; trampoline or jump on pillows slowly; slower jumping; squeeze stress ball or soft object; practice slowing breathing and taking deeper breaths; wrap self in blanket or body bag; go to private quiet area; rub pillows or stuffed animals instead of punching them; walk if you can't run; practice body resistance exercises like pushing hands together as hard as you can; clench fists; remove self from triggering situation</p> <p>What other tools can you think of?</p>
LOW POWER FRUSTRATION ANNOYANCE	<p>Walk slowly; lie down and practice deep breathing; use a social story about anger; talk about your anger with your parents; practice deep breathing by slowly blowing up balloons; blow thoughts and feelings into balloon and then let it go; do calming exercises like stretching; rest in calm-down space with a power nap; cover-self in blankets; give yourself a hug; draw or write about it; use toys to act feeling out; listen to music; distract with preferred activity; ask for space; ask to go to calming area.</p> <p>What other tools can you think of?</p>