

DEALING WITH AN ANGER IN STRESSFUL SITUATIONS

INTROSPECTION

1. Recall some situations during which you were feeling anger and answer the questions.

- **How do you express your anger?**
(choose from the words below)

shout, cry, laughter, exasperation, joy, rebellion, irritation, fury, rage, helplessness



- **How much do you usually feel your anger from 1 to 10?** Answer honestly.

1 2 3 4 5 6 7 8 9 10
(gentle) (extreme)

Is your anger safe?

Place your answers from the above questions to the table below to get to know if your anger is toxic.

| Anger experience types | | Intensity | | |
|------------------------|----------------------|---------------------|----------------|---------------|
| | | 1-3 | 4-6 | 7-10 |
| Frequency | Less than once a day | Sporadic irritation | Sporadic anger | Sporadic fury |
| | More than once a day | Chronic irritation | Chronic anger | Chronic fury |

Which type do you belong to?

1. Sporadic irritation and sporadic anger do not belong to toxic types of the anger experience.
2. Chronic irritation is not toxic either, however you can seem to be grumpy and gloomy.
3. Toxic types:
 - **Sporadic fury.**
These people are calm as long as something makes them lose balance – you'd better watch out then.
 - **Chronic anger.**
It is killing your organism if you feel anger all the time.
 - **Chronic fury.**
This type is the worst one and the most dangerous.