



THE THREE TYPES OF ANGER

FREE REPORT



In our lives, we are taught that it is wrong to get angry, we are taught that you should always put others first, that we always need to consider others, that you mustn't yell, and the list goes on and on when it comes to anger.

The challenge is that there is a lot of shame, guilt and admonishment when it comes to anger. The biggest obstacle that a lot of us have is that because we are taught to suppress our anger, and we aren't taught any method of expressing that anger in a 'clean' way, when we get pissed off, frustrated, annoyed, etc it tends to come out 'dirty' which is destructive.

In this brief little report, we will be looking at behaviours within each of the three types of anger. The first is the one that a lot of people will be all too familiar with. This is probably the easiest to recognise as it is the most obvious. This is one of the 'dirty' angers. This is aggressive anger. The second 'dirty' anger is passive anger which is not as obvious as the first, but it is just as damaging and one that takes time to manifest and certainly the more subtle of the two. Finally we will look at the behaviours used for 'clean' anger which is the assertive form of anger which is more respectful on both sides and more powerful and likely to yield results than the other 'dirty' forms.

As you read the report, you may recognise behaviours that you use. One of the aims of this report is to assist you in recognising your behaviours so that you can choose to remove those behaviours, or control them. The choice is yours as to what you do. This report does not seek to encourage you not to get angry. It encourages you to embrace a wonderfully powerful emotion in a healthy way so that you can learn to love yourself more. This is about shedding the shame and guilt that surrounds anger and debilitates a lot of us in our relationships.

We hope you enjoy the report. We hope it assists you in moving into healthy anger so that you can flourish and enjoy your relationships.

THE BEHAVIOUR STYLES OF AGGRESSIVE ANGER

Aggressive anger is the easiest of the 'dirty' angers as it is simple to let fly, pushing all your energy onto others, feeling good because you got it "off your chest" and now others have to deal with it, but that doesn't matter because you feel better.

It is used a little bit more often by guys, as it's seen as not "lady-like" to get angry. If not nipped in the bud early in life, it becomes the "go-to" emotion for a lot of situations.

If you do happen to use these behaviours, it is okay, as you now know better and can look at using more productive behaviours instead. This report is about empowering you, not shaming you.

Now, let's look at these behaviours. There is a heading for each which summarises the examples to follow.

THREATENING: Frightening people by saying how you could harm them, their property or their prospects – Finger-pointing – Leaning forward, hands on hips, fist shaking, wearing clothes and other symbols (e.g. certain badges and tattoos) commonly associated with violent behaviour – Driving on someones tail – 'Sitting' on your car horn – Wearing guns and knives – Slamming doors, showing irritation by tapping fingers etc without expressing the cause of the anger

HURTFUL: Using physical violence – Giving verbal abuse with humiliating remarks, especially in public – Using caustic wit or unfair practical jokes – Breaking a confidence – Deafening people with loud music or other loud or disruptive noise – Using foul language to offend – Ignoring other peoples feelings, especially when they are obviously manifest – Wilfully discriminating – Blaming or punishing people for deeds that are known not to have been committed (e.g. making an example of someone or some group) – Labelling others ("You're a little Hitler" or "You're a typical male chauvinist")

DESTRUCTIVE: Harming objects – Deliberately wasting resources – Wantonly polluting the environment – Knowingly destroying a relationship between two other people – Driving recklessly – Drinking too much (especially to make a point to someone else)

BULLYING: Using threats or violence to get weaker people to act against their will – Persecuting – Pushing or shoving – Using money and other means of power to oppress – Shouting louder than the other person can shout – Using a more powerful car to drive someone into a corner or off the road – Purposefully glaring people with high beam headlights – Playing on peoples weaknesses

UNJUST BLAMING: Accusing other people of your own mistakes – Blaming people for your own feelings and behaviour (“You’re getting me angry” and “You drove me to it”) – Making general accusations (“I don’t care *who* did it”)

MANIC: Speaking too fast – Walking too fast (often a few steps ahead of the other person) – Working too much and expecting others to ‘fit in’ – Driving too fast – Recklessly spending money and running up debt (especially when this will deprive others)

GRANDIOSE: Showing off in a way that makes others look small – Expressing mistrust of anyone except yourself – Not delegating – Being a poor loser – Wanting centre stage all the time – Not listening – Talking over peoples heads – Expecting ‘Kiss and make up’ sessions to solve problems

SELFISH: Ignoring other peoples needs – Not responding to requests for help – Stonewalling attempts to sort out frustrations (“there’s nothing I want to talk about”) – queue jumping – ‘Cutting in’ when driving

REVENGEFUL: Being over-punitive – Refusing to forgive and forget – Bringing up hurtful memories from the past – Doing something just ‘out of spite’

UNPREDICTABLE: ‘Blowing hot and cold’ – Having explosive rages over minor frustrations – Attacking indiscriminately – Dispensing punishment out of the blue (“Just to show who’s in charge”) – Suddenly, when in an apparently good mood, inflicting hurt on people or objects ‘just for the hell of it’ – Using drink or drugs that are known to destabilise the mind – Using illogical arguments (“I don’t care whether it makes sense – or what the statistics are”)

THE BEHAVIOUR STYLES OF PASSIVE ANGER

Passive anger is the other 'dirty' anger and has the potential to be more damaging than aggressive anger as it can be carried out surreptitiously in public without drawing attention to yourself or the situation. It can also be carried out over the long term, wearing people down instead.

This is used a little more by women as it tends not to draw attention to the user and it can be used more for emotional reasons.

Again, this is about creating awareness, not shame around the behaviours. If you use these behaviours or you recognise that your partner does, seek ways to change the behaviours so a more effective method can be employed instead.

Again, the following has a heading that summarises the examples that follow

SECRETIVE: Stock-piling resentments which are then expressed behind people's backs or through sly 'digs' inserted into seemingly innocent conversations. – Giving the 'silent treatment' and/or under breath mutterings – Avoidance of eye contact – Lips, arms or legs held tightly together – Going around with a 'long face' without explanation – 'Put-downs' disguised as caring remarks or feedback (It's for your own good) or as jokes – Rumour spreading – Malicious gossip – Anonymous complaining – Poison-pen letters – Heckling from the background – Drawing graffiti – Stealing – Conning

MANIPULATIVE: Provoking other people into an aggressive role and then offering patronising forgiveness – Encouraging aggressiveness but staying on the sidelines – Using emotional blackmail – Using tears as a substitute for showing anger – Using headaches and other illnesses to get your own way or stop others doing what they want or simply make them feel guilty – Sabotaging relationships and plans by being late, forgetting and 'playing stupid' – Using sexual provocation – Using a third party (either an innocent, like a child, or a known gossip) to convey negative feelings – Withholding money or resources

SELF-BLAMING: Saying sorry inappropriately or too often – Being overly self-critical – Inviting criticism and punishment of self.

SELF-SACRIFICING: Being overly helpful – Pointedly 'making do' with second best – Quietly making long-suffering sighs but refusing help (Don't worry about me) – Lapping up gratefulness and making 'friendly digs' when it is not forthcoming.

INEFFECTUAL: Constantly setting both yourself and others up for failure

- Being dependent on others, but always choosing unreliable people
- Being accident prone, clumsy or constantly making silly mistakes
- Being too laissez-faire, always under-achieving and often sexually impotent
- Expressing frustrations about silly or pseudo-issues, but avoiding or not noticing the serious ones.

DISPASSIONATE: Giving the 'cold shoulder' treatment or phony insincere smiles, limp handshakes - Looking 'cool' - Making fatalistic statements - Sitting on the fence while others 'sort things out' - dampening feelings with alcohol, food, nicotine, or tranquilising drugs - Over-sleeping - Not responding to others' anger - Being frigid - Indulging in sexual practices which depress spontaneity and make objects of participants - Giving inordinate amounts of time to machines, objects or intellectual pursuits - talking and intellectualising about frustrations without demonstrating any feeling

OBSESSIONAL: Needing everything to be clean and tidy - Making a habit of checking - Over-dieting or eating - Demanding that all jobs get done perfectly

EVASIVE: Turning your back in a crisis - Avoiding conflict and frustration - Not arguing back - Becoming phobic (displacing blame for distress, or frustration on to neutral objects or places) - Putting the phone down - Letting the phone or doorbell ring (to teach them a lesson)

THE BEHAVIOUR STYLES OF ASSERTIVE ANGER

Assertive anger is about standing firm for yourself, your beliefs, your self-worth, your opinions etc.

The main benefit is that there is far less damage created with this method and the results can far outstrip what you expect. It can be uncomfortable using at first as you may have to work on the actual catalyst for the anger which can be overwhelming. Being able to work through these things effectively can be one of the biggest contributors to a high quality relationship. It can remove so many barriers.

DIRECT: Not beating around the bush – Making behaviour visible and conspicuous – Using body language to indicate feelings clearly and honestly (No sarcastic smiles) – Saying exactly what is meant and not 'pussy-footing' around the subject – Expressing anger directly at the person or persons involved

HONOURABLE: Making it apparent that there is some clear moral basis for the anger – Being prepared to argue and discuss the ethics and the causes of the frustration and anger (when the heat has abated) – Never using manipulation or emotional blackmail – Never abusing the other persons basic human rights, either physically or verbally – Never using authority, age or size to unfairly de-power the weak and defenceless – Taking responsibility for their own actions and feelings (NOT saying “You drove me / forced me / made me...”)

FOCUSED: Sticking to the issue of concern – Not bringing in confusing red herring and petty arguments – Not bringing up irrelevant material from the past or un-necessary arguments

PERSISTENT: Repeating the expression of feeling and argument over and over again – Determinedly standing their ground – Showing enough energy to endure the physical and mental strain of talking, walking, standing etc for as long as is necessary

COURAGEOUS: Taking calculated risks – Enduring short-term discomfort for long-term gain – Risking the displeasure of some people some of the time – Not showing fear of other peoples anger (as long as it's non-violent of course) – Standing outside the crowd and owning up to differences – Taking a lead – Using self-protective skills to stand up to verbal or physical abuse

PASSIONATE: Using the full power of the body to show intensity of feeling (e.g. raised voice, thumps on table) – Being excited and motivated – Acting dynamically and energetically – initiating change – Showing

fervent caring – Being fiercely protective – Enthusing others

CREATIVE: Thinking quickly – Using more wit – Spontaneously coming up with new ideas and new views on a subject – Indicating a willingness to tone the matter down, if necessary, during 'the calm after the storm'

FORGIVING: Demonstrating a willingness to hear other peoples anger and grievances Showing an ability to wipe the slate clean once anger has been expressed (e.g. not saying three weeks later, “That's not what you said when you were angry; you called me a ...)

We hope you have enjoyed this report and any insights you have gained about your behaviour and the behaviour of others will move you to a far better place.

If you would like to find out more about dealing with your anger, releasing anger, working with your anger and learning new tools, skills and processes when it comes to anger, feel free to book a ten minute call to see what your options are. You can book that by clicking [HERE](#) and selecting a time that works for you.

Have a great day, happy dating, and we'll speak to you soon.

Regards

Wayne