Reflections on Anger

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Let’s Define It...

Anger is...

An internal reaction,
Which a person learns to name,
To an external event.
Anger Is...

- A basic human emotion;
- With us since birth;
- Something everyone experiences (even the ones who think they don’t!);
- Blamed on lots of people, places, and things.
- Very simply, anger is the result of...
Unfulfilled Expectations!
Four Categories of Expectations:

- “I don’t know.”
- “I don’t tell.”
- “I don’t see why not.”
- “That’s the way it is.”
We Learn to **STIFLE**

Anger Because...

- It’s a parental right (rite?) not a child’s;
- Parental mood dictates our behavior;
- Nice boys and girls don’t get angry;
- No one likes angry people;
- Your anger will be punished;
- We don’t know how **not** to stifle;
- We’re above shouting and pouting;
- We’re afraid of losing control!
Our Stifling Evolves Into the FOUR...

ANGER RESPONSE PERVERSIONS!

■ DENIAL

“Me? I never get angry.”

“I know so-and-so is a lying, cheating, arrogant, conniving snake, but it really doesn’t bother me.”

“I couldn’t care less.”
POSTPONEMENT

“If so-and-so were here now I’d certainly have something to say!”

REDIRECTION

“Yes. I did shoot your dog; it was sniffing at my lawn!”

DILUTION

“I’m not really angry, just annoyed.”

“How can you say I’m angry? I haven’t even raised my voice!”
Our PERVERSIONS Lead To:

Twisted Expressions
Some **Twisted Expressions**:

- Anxiety
- Depression
- Guilt
- Shame
- Excessive Worries
- Sleep Problems
- Self-sabotage
- Mutism
- Bullying
- Gossip
- Violent Talking
- Sweet Talking
- Vicarious Anger Displays
- Auto Poison
- Martyrdom
- Truth-tellers
- Exhaustion
- Violent Thoughts & Dreams
- Blatant Blasting
- Hypochondriasis
How to UNTWIST Our Anger:

Avoid “black-and-white” thinking
Accept your feelings
Express it with someone who cares
Know that anger doesn’t kill
Remember that anger is temporary
Forgive (accept) and forget (be fair)
Allow small blow-outs / get physical
Practice peace