

2010 Anger Mgmt Process  
19Jul2010

## 1) Different Ways of Understanding Anger

- a. Cumulative stress (Volcano) model:
  - i. Anger is always a choice we make to reduce stress. As stress goes up, so does the likelihood that anger will be used to relieve it.
  - ii. Anger is not the only choice to reduce stress.
    - 1. Other choices for stress reduction on p49 of WAH.
  - iii. Factors contributing to stress can come from these four areas:
    - 1. Behavior: substance use, isolation
    - 2. Environment: job, relationships, airwave pollution, ...
    - 3. Physical factors: sleep, pain, tension/anxiety, ...
  - iv. Reduce anger behavior by reducing stress
- b. Learning model:
  - i. Proposes that anger was learned
    - 1. From others
    - 2. Anger rewarded/reinforced
- c. Cognitive model
  - i. Events + Thoughts = Response (E+T=R)
  - ii. Thoughts = beliefs, images, memories, triggers, distortions...
- d. Anger Expression Styles:
  - i. Passive
  - ii. Passive aggressive
  - iii. Assertive
  - iv. Passive explosive
  - v. Explosive
- e. Appropriate vs. Inappropriate anger: Anger is rarely unavoidable and seldom necessary.
- f. HW: Create your Volcano Pie by identifying factors contributing to your stress, anger, depression, and worry. Assigned them percentages and put them in a pie.