ANGER DIAGRAM

ANGER EXPERIENCE

BELIEFS

- FRUSTRATION
- THREAT TO SELF-ESTEEM
- INJUSTICE
- PHYSICAL HARM INJURY

ANGER RESPONSES

- PHYSICAL REACTIONS
- DEPRESSION
- PASSIVE/AGGRESSIVE
- BOREDOM
- SUBSTANCE ABUSE

ANGER EXPRESSED

- DESTRUCTIVE
  - DIRECT HOSTILITY
  - DISPLACED HOSTILITY
  - APATHY
  - FREE-FLOATING HOSILITY

- CONSTRUCTIVE
  - FEEL > THINK > TALK > ACT
  - FORGIVENESS

STORAGE

SOFIELD, JULIANO, HAMMET. DESIGN FOR WHoleness: DeaLING WITH ANGER, LEARNING TO FORGIVE, BUILDING SELF-ESTEEM. AVE MARIA PRESS. NOTRE DAME, IN. 1990.