

Why Are You Angry? Learn More.

Check out Anger e sources by David J. Decker, M.A. and Dr. Michael Obsatz

www.ANGERresources.com

Eight Types of Anger, From “*Healing Our Anger*” by Mike Obsatz ¹

1. Chronic anger -- ongoing resentment toward others and life in general
2. Volatile anger -- comes and goes, builds to rage, explodes as physical or verbal aggression
3. Judgmental anger -- critical statements are made which belittle, shame, or correct other, done with disdain
4. Passive anger -- expressed indirectly through sarcasm, or being late, or avoiding a situation
5. Overwhelmed anger -- arises when people can't handle their life circumstances, and lash out to relieve stress or pain
6. Retaliatory anger -- directed to a person to get back at them for something that they did or said
7. Self-inflicted anger -- may result in hurting oneself emotionally or physically -- negative self-talk, starvation, eating or drinking to excess
8. Constructive anger -- using anger to make some positive difference, such as becoming involved in a cause or movement for positive change

Take the Anger Pre-Test:

“Anger is a confusing subject for many people. There are a lot of misconceptions about anger that exist in our culture. **This Anger Pre-Test is designed to start to help you think about and identify some of the information, beliefs, values, and attitudes that you have about anger.**” ²

To take the Anger Pre-Test, click here:

<https://angerresources.com/anger-pre-test.html>

¹ <https://angerresources.com/quick-facts/8TypesOfAnger.pdf> (accessed January 9, 2023).
Dr. Michael Obsatz, *Healing Our Anger*, (Augsburg Fortress Publishers, Minneapolis, 2000).

² <https://angerresources.com/anger-pre-test.html> (accessed January 9, 2023).

Take the Anger Index Self-Test:

“YOUR ANGER INDEX: HOW ANGRY, NEGATIVE, CYNICAL AND HOSTILE ARE YOU?”³

To take the Anger Index Self-Test, click here:

<https://angerresources.com/anger-index.html>

CONSEQUENCES RELATED TO BECOMING PUNISHING, EXPLOSIVE, AND ABUSIVE

By David J. Decker⁴

BEING AWARE OF AND THINKING ABOUT THE POTENTIAL CONSEQUENCES BEFORE YOU SIMPLY REACT WITH HURTFUL, DISRESPECTFUL, OR ABUSIVE BEHAVIOR CAN BE PART OF THE DE-ESCALATION STRATEGIES PORTION OF YOUR ESCALATION PREVENTION PLAN

Disrespectful and explosive anger can potentially lead to the LOSS of:

...Time and relationships with partners (they will eventually emotionally and, sometimes, even physically withdraw and distance themselves from you

...e.g. ending up in separation or divorce

...Time with your children

...if your family is no longer together

...Relationships with extended family, friends, neighbors, and acquaintances

...e.g. holding grudges/having “feuds” with others

and more...

See more “Disrespectful and explosive anger can potentially lead to loss of:”

To see the complete article, click here:

<https://angerresources.com/quick-facts/Consequences.pdf>

³ <https://angerresources.com/anger-index.html> (accessed January 9, 2023).

⁴ <https://angerresources.com/quick-facts/Consequences.pdf> (accessed January 9, 2023).