



ANATOMY OF ANGER

PROCEDURE:

OBJECTIVES:

Students will learn:

- There are different ways to express anger
- Anger can be a secondary emotion that covers other strong feelings.

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MATERIALS:

Paper or chalkboard to draw the “anger iceberg”

Facilitator's Introduction: We are going to take a closer look at the emotion of anger. Anger itself is not negative. It is how we express anger that can be either harmful or healthy. Anger is expressed in many forms.

Q. *How do you know when someone is angry? How have you seen anger expressed?*

- List the ways that anger is expressed on the board.
The three general types of anger expression are aggressive, passive and assertive.

Aggressive anger: Anger expressed in this way is directed at the other person to hurt him/her emotionally, physically or psychologically. Yelling, put-downs, and hitting are examples of aggressive anger.

Passive anger: A person internalizes the expression of anger when he or she avoids dealing with the situation that contributed to feelings of anger. The anger can then be expressed by getting even, holding a grudge, or being mean at some time in the future. Spreading nasty rumors, not speaking to the person, and damaging property can also be examples of passive anger.

Assertive anger: This is usually the best way to communicate feelings of anger because anger is expressed directly and in a non-threatening way to the person involved. A statement such as “I feel angry when you...” is an example of assertive anger.

Anger: An emotion characterized by a strong feeling of displeasure and/or desire for revenge, usually triggered by a real or imagined wrong done to the sufferer.

Q. Which of the anger expressions that we listed on the board do you think are aggressive, passive, or assertive?

Anger is often called **second emotion** because we tend to resort to anger in order to protect ourselves from or cover up other vulnerable feelings. In this next scenario, notice what Mary is feeling before she takes it out on her dog.

- Draw the outline of the Anger Iceberg on a flip chart or blackboard.

Only about 10 per cent of an iceberg is visible above the surface of the water. Only when we begin to see anger as the tip of the iceberg of our emotions can we better understand the underlying feelings.

Mary is listening to her favorite CD with friends. When her older brother Peter comes home from school, he comes into the room and puts on his own CD without saying a word. Then he goes into the kitchen to raid the refrigerator. Mary turns red, but she doesn't say anything. Shortly afterwards, Spot, the family dog, ambles up to her and pokes his nose in her face. Mary shoves Spot away and yells, "Leave me alone! You're such a pest!"

Q. Mary is obviously angry, but what was she feeling when Peter came in and switched CD's without asking?

- Label the iceberg diagram with the feelings that the students call out. Place anger inside the tip of the iceberg, and the other emotions under water.

Q. Would anyone like to share a personal situation in which you were angry?

- Revisit the iceberg and brainstorm with the class to uncover the underlying emotions in this new situation.

Closure: It is difficult to recognize these underlying emotions while they are happening because anger tends to flare up so fast that it overshadows other feelings. But we have to learn how to be in touch with these underlying feelings if we are going to deal with anger constructively. People are often abusive because they become aggressively angry when they are upset about something.

PROCEDURE:

(Continued)

NOTES: