

# MANAGING YOUR EMOTIONS

1. What is Anger?
  - a) An emotional reaction that comes in the face of wrong-doing or what we believe was wrong-doing.
  - b) By expressing anger toward someone or something, most people are standing up for themselves.
  - c) Drive home the idea that they deserve to be treated correctly.
  - d) Anger is not always rational.
  - e) Anger is a way of saying "Notice my needs" something needs to be changed.
  - f) As we are growing up, children are usually taught, that anger is an emotion that should be avoided at all costs.
  - g) As adults we hold on to the concept "Angry people are bad".
  - h) Anger has been labeled as being negative.
  - i) Anger is neither good nor bad.
  - j) How you use it - positive or negative.
  
2. When anger comes into couples lives.
  - a) Usually because - feeling unappreciated, belittled, taken for granted, helpless, insignificant.
  
3. Two types of Anger
  - a) Aggressive - Express what you believe to be right in an: abrasive, insensitive way, inconsiderate. Little Concern for the impact the anger will have on your partner. Aggressive anger tends to be destructive. Most tend to use this type more frequently.
  - b) Assertive - Express what you believe to be right in a: confident, self-assured manner. Demonstrates a sense of strong commitment to what you believe to be right. Assertiveness is a positive trait.