

THE FACES OF ANGER

PASSIVE-AGGRESSIVE

Being late to a scheduled meeting that you don't want to be at so you purposely come late

Saying you will do something and then you don't or you take forever

SARCASM

Muttering under your breath, cutting remarks

VERBAL ABUSE

Getting in someone's face, attacking with words

BLAMING

It's your mom's dad', boss, teacher's, etc. fault – anyone but you

GUERRILLA HUMOR

Insulting or attacking someone and passing it off as a joke

Then saying "you're too sensitive, I was just teasing"

RETALIATORY ANGER

Remaining calm, laughing off hurtful things but plotting for

BLIND RAGE

Road rage – being calm and losing it when someone pulls out in front of you, no middle ground.

Hitting someone (especially a child) for not doing what you asked

ISOLATION

Staying away from people and hating the world

DEPRESSION

Anger that is turned inward and not properly displayed- keeping it bottled up inside

Fearing rejection if you display your anger

Thinking anger will lead to abuse or that you will be abused

Can lead to self-injury, mutilation, and ultimate suicide

MEDICATOR

When anger is overwhelming, self-medicating with drugs/alcohol, food, gambling, spending, and other compulsive behaviors

Squirrel cage effect – using the medicator to numb the pain/anger but have added consequences of the addictive/compulsive behavior which only fuels the anger and self-loathing