

Anger Continuum

Imploder

Tends towards passive aggression:

- Sarcasm
- Criticism
- Patronizing
- Withholding
- Discounting comments

Needs to:

- Assert self, wants, needs

Exploder

Tends towards aggression:

- Volcanic Explosions
- Eruptions
- Adrenaline rush

Needs to:

- Contain
- Delay gratification
- Seek support
- Hold discomfort

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Anger Styles

Anger manifests in

- Shaming
- Blaming
- Preaching
- Teaching
- Criticizing
- Demeaning
- Judging
- Patronizing

Sources of anger

- Primary needs not met (e.g. feeling heard)
- Loss (goal, self-image)
- Invasion of personal boundary
- Defense against other feelings (shame, hurt)
- Having to confront a personal edge
- Needing to feel powerful or in control