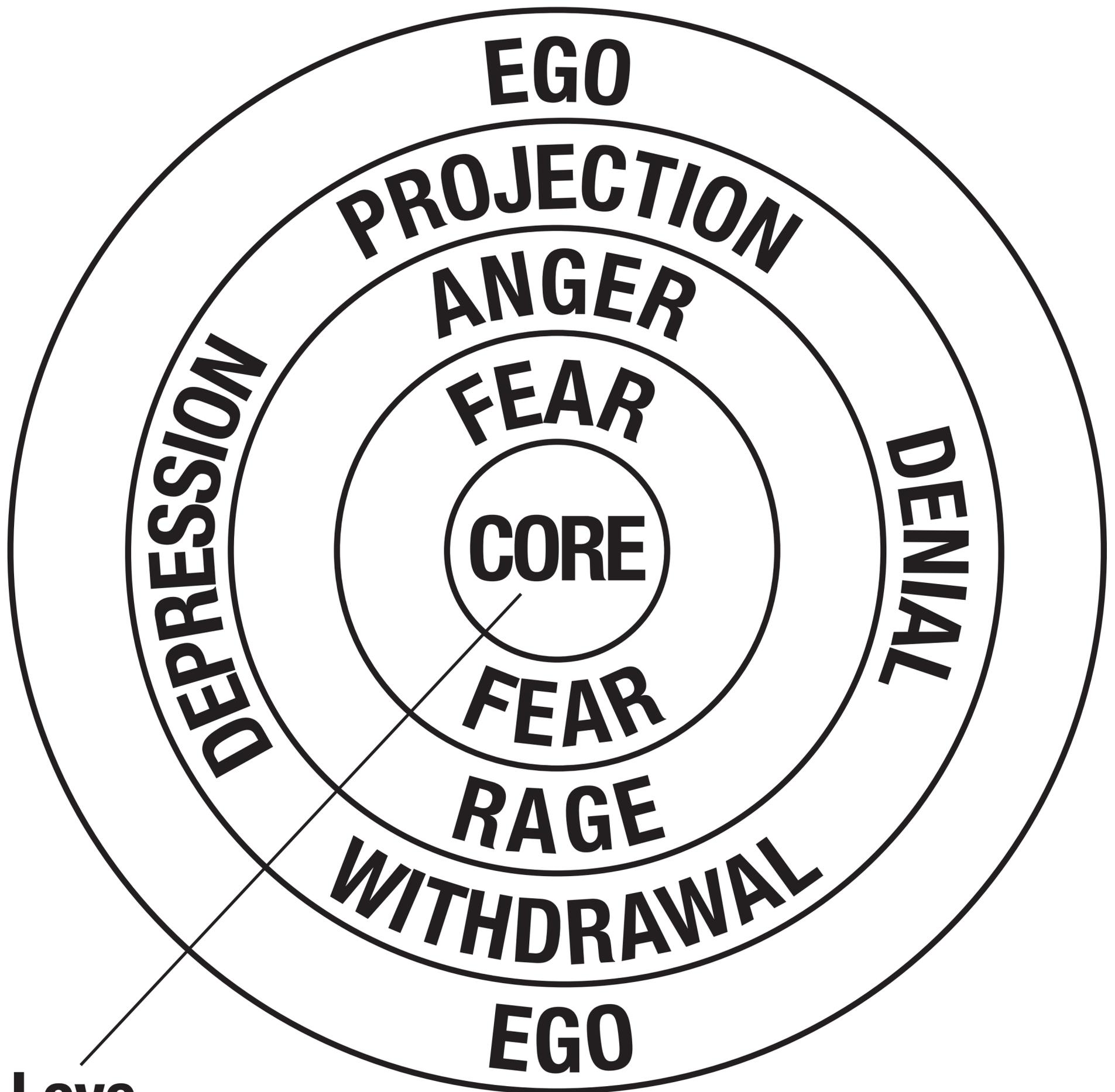


PERSONALITY STRUCTURE



**Love,
Caring, Honesty, Spiritual Feelings, Unity,
Kindness, Empathy, Transforming Power**

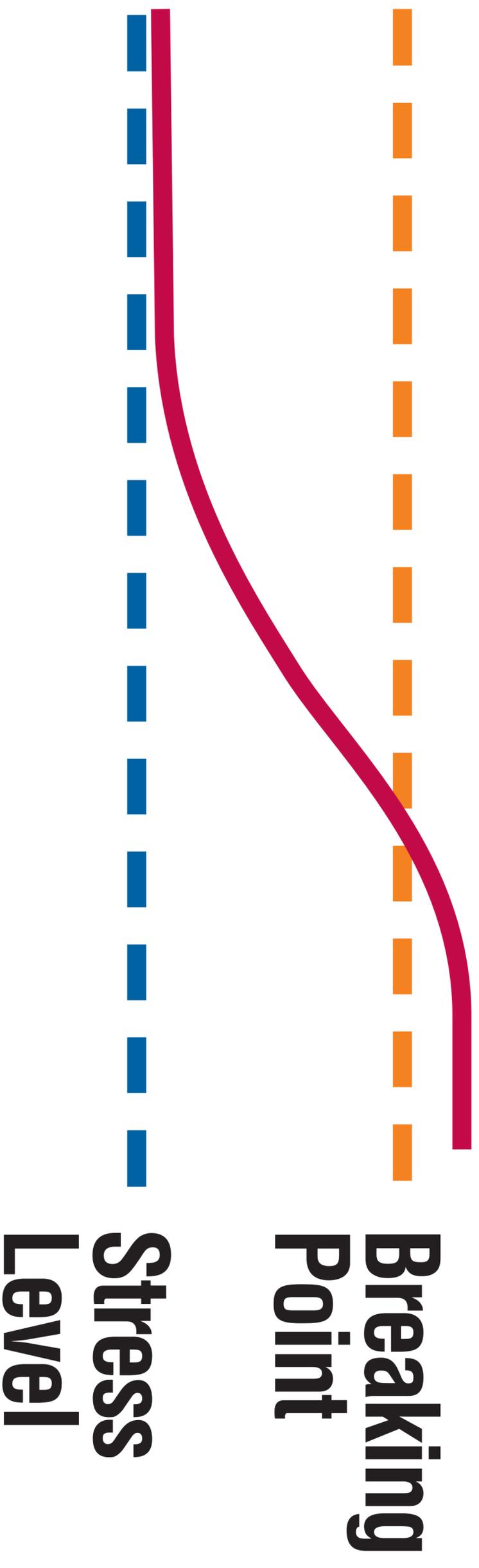




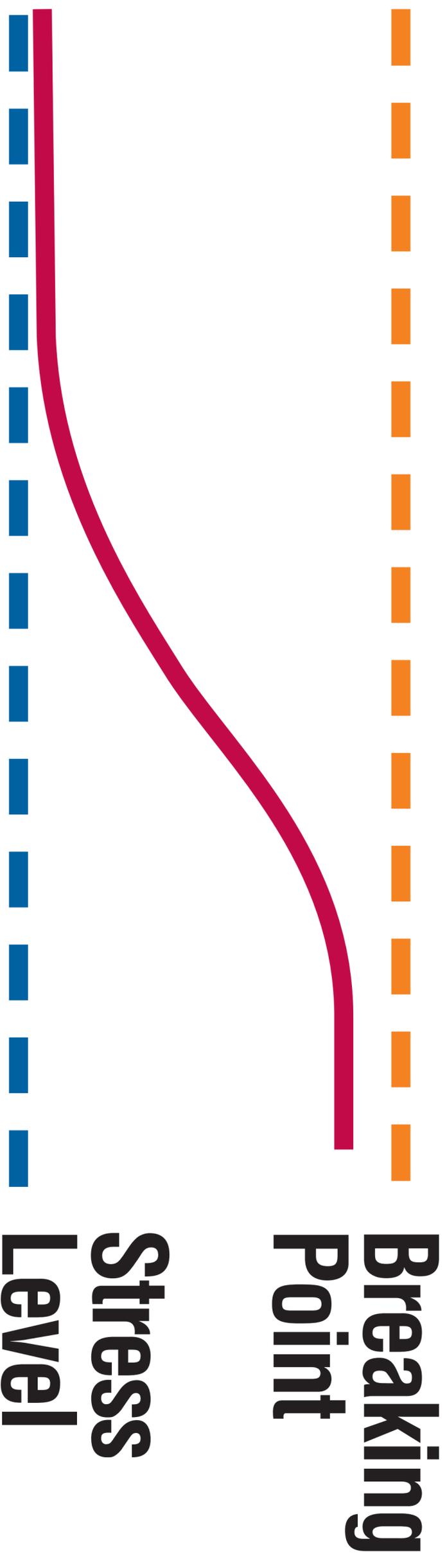
ANGER ICEBERG



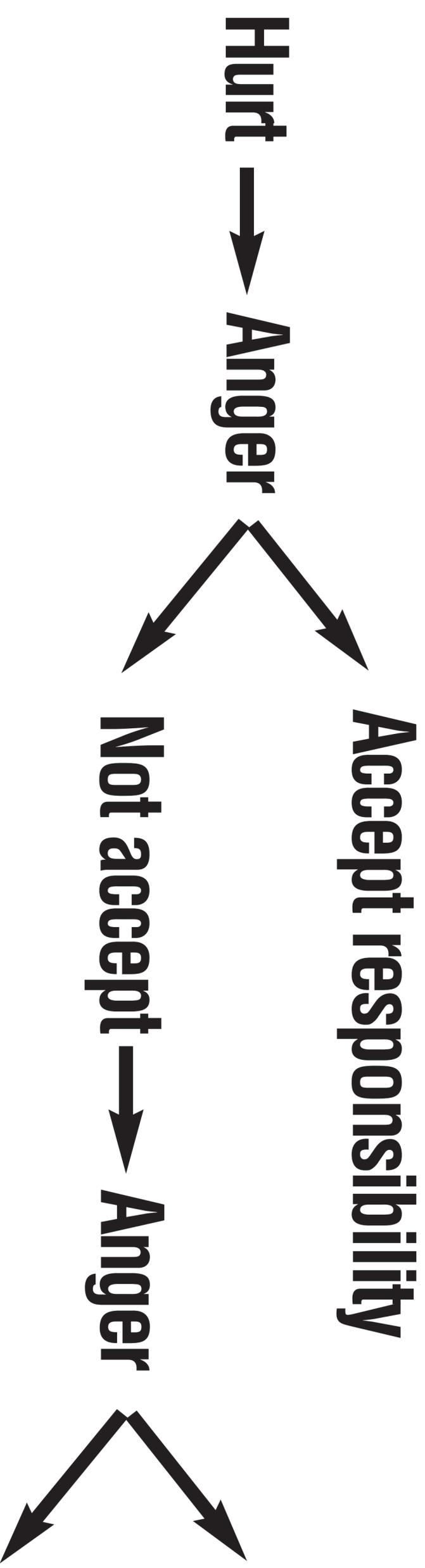
STRESS MANAGEMENT



STRESS MANAGEMENT



ANGER FLOW CHART



Change behavior

No change → Anger



LEVELS OF ANGER

Fury

Rage

Anger

Irritation

Annoyance

LEVEL



Destroy/Kill

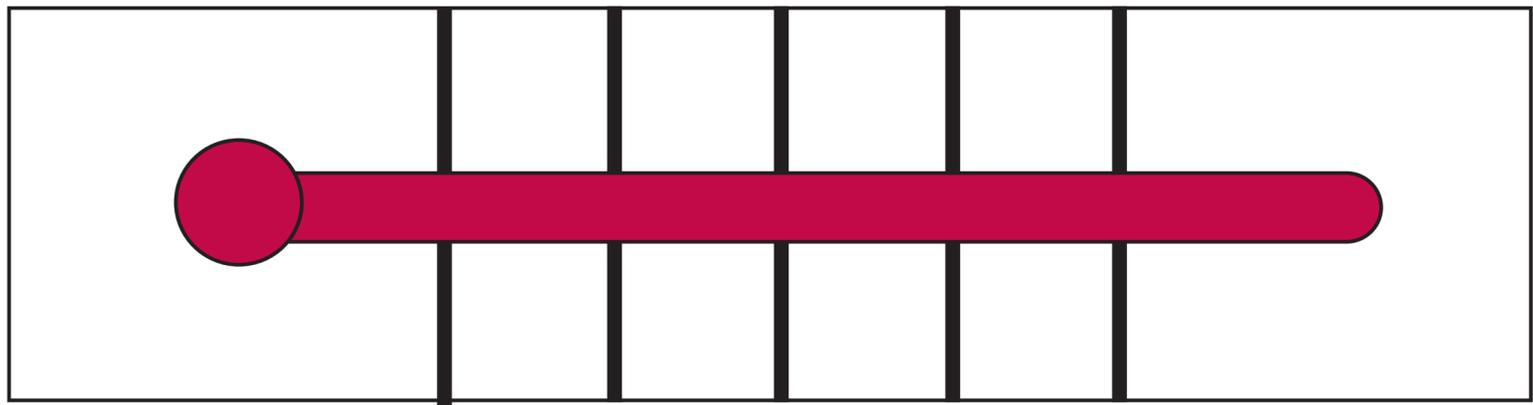
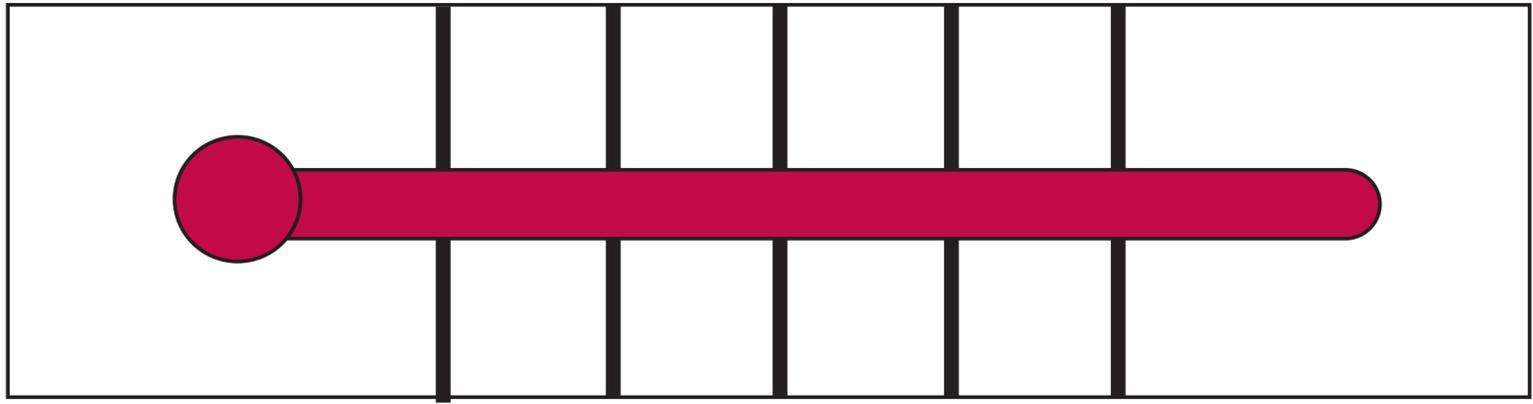
Hurt Others

Change

Frustration

None

CONSEQUENCES



ADDICTION TO GRUDGES

Why we don't forgive.

1. We believe that letting go of grudges and forgiving someone is a sign of weakness
2. Letting go of grudges and forgiving someone means that we have to give up being a victim.
3. Letting go grudges and forgiving someone means we have to give up our anger.
4. Letting go of grudges and forgiving someone means we have to give up our desire for revenge.
5. Letting go of grudges and forgiving someone means we have to give up our attitude of self righteousness.

ANATOMY OF AN APOLOGY

Some of the elements of a genuine apology are:

1. The apology must acknowledge responsibility.
2. The apology must be specific.
3. The apology must express how the mistake hurt the other person.
4. The apology may involve regret and guilt.
5. The apology must express a willingness to change behavior
6. If the offense was made publicly the apology should be public also

Most of all, an apology is a willingness to let go of the ego and treat another person with respect.

It is an expression of honesty.

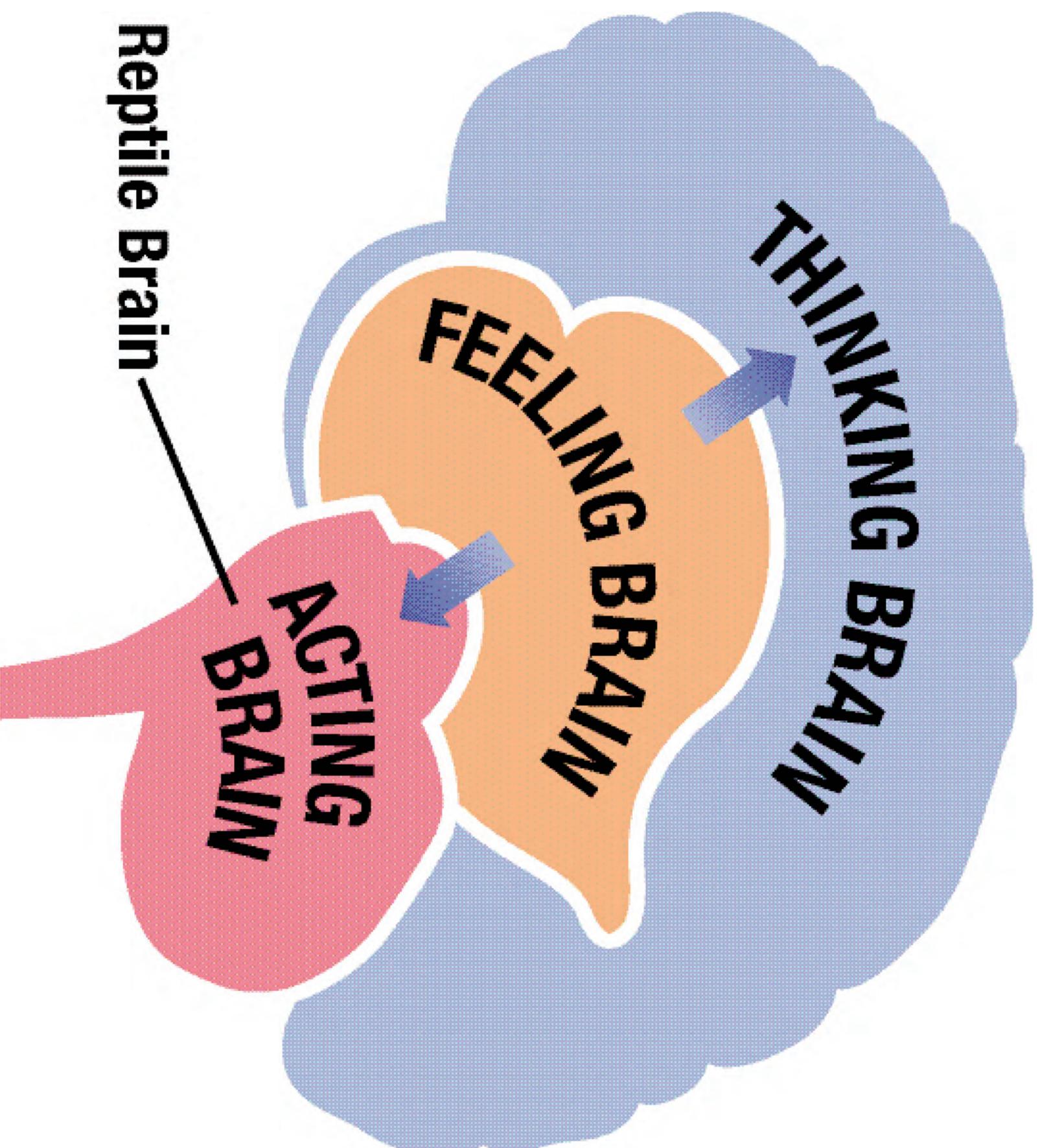
It is a sign of strength rather than a sign of weakness.

RESPONSES TO ANGER

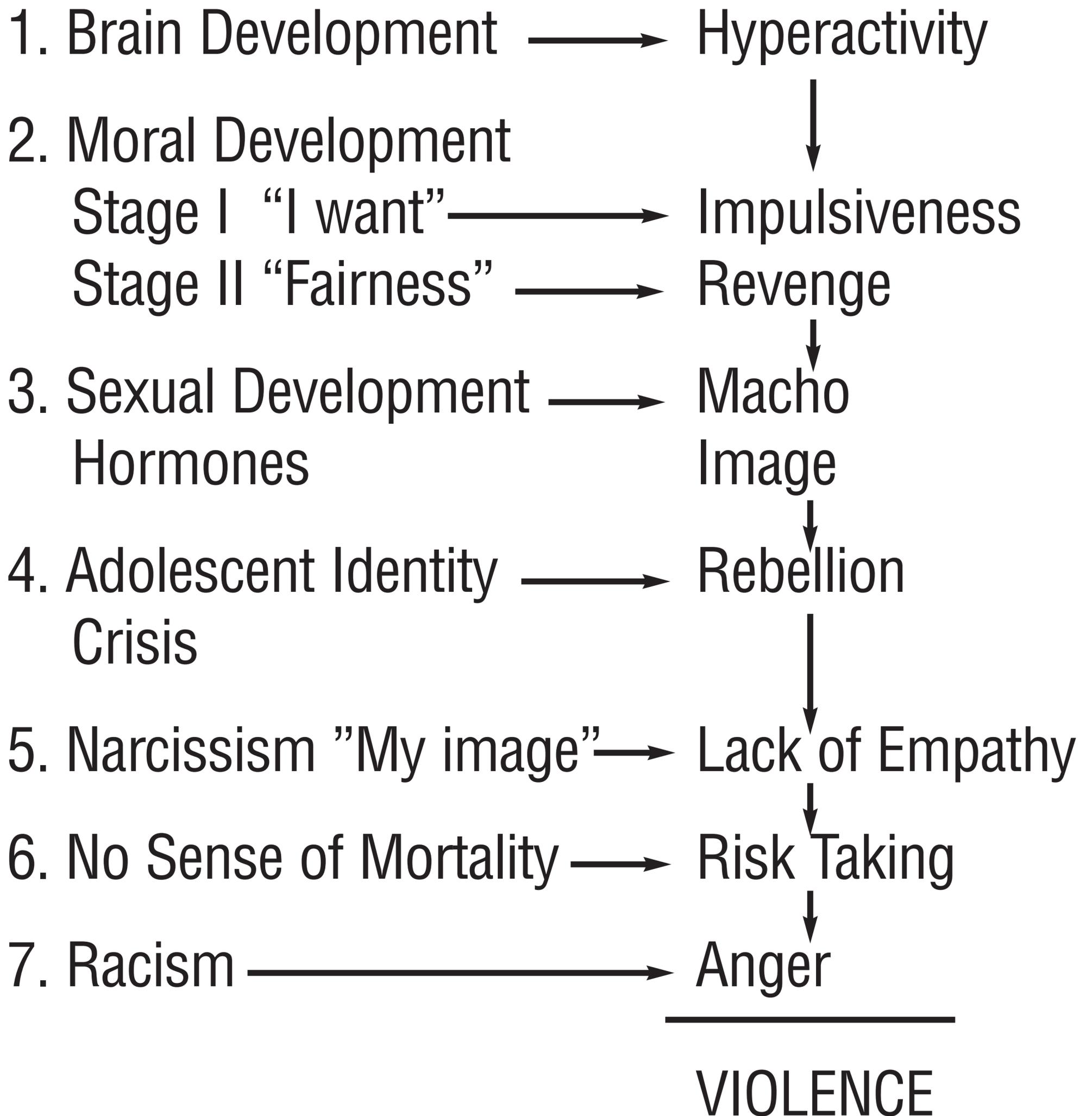
Some response alternatives are:

1. Express/Explode – Does not reduce stress, creates feeling of power, releases endorphins
2. Suppress Anger – May increase stress, creates sense of frustration, creates feeling of powerlessness
3. Defuse – Releases tension but does not change cause of anger
4. Transform – Change your relationship with what caused the anger

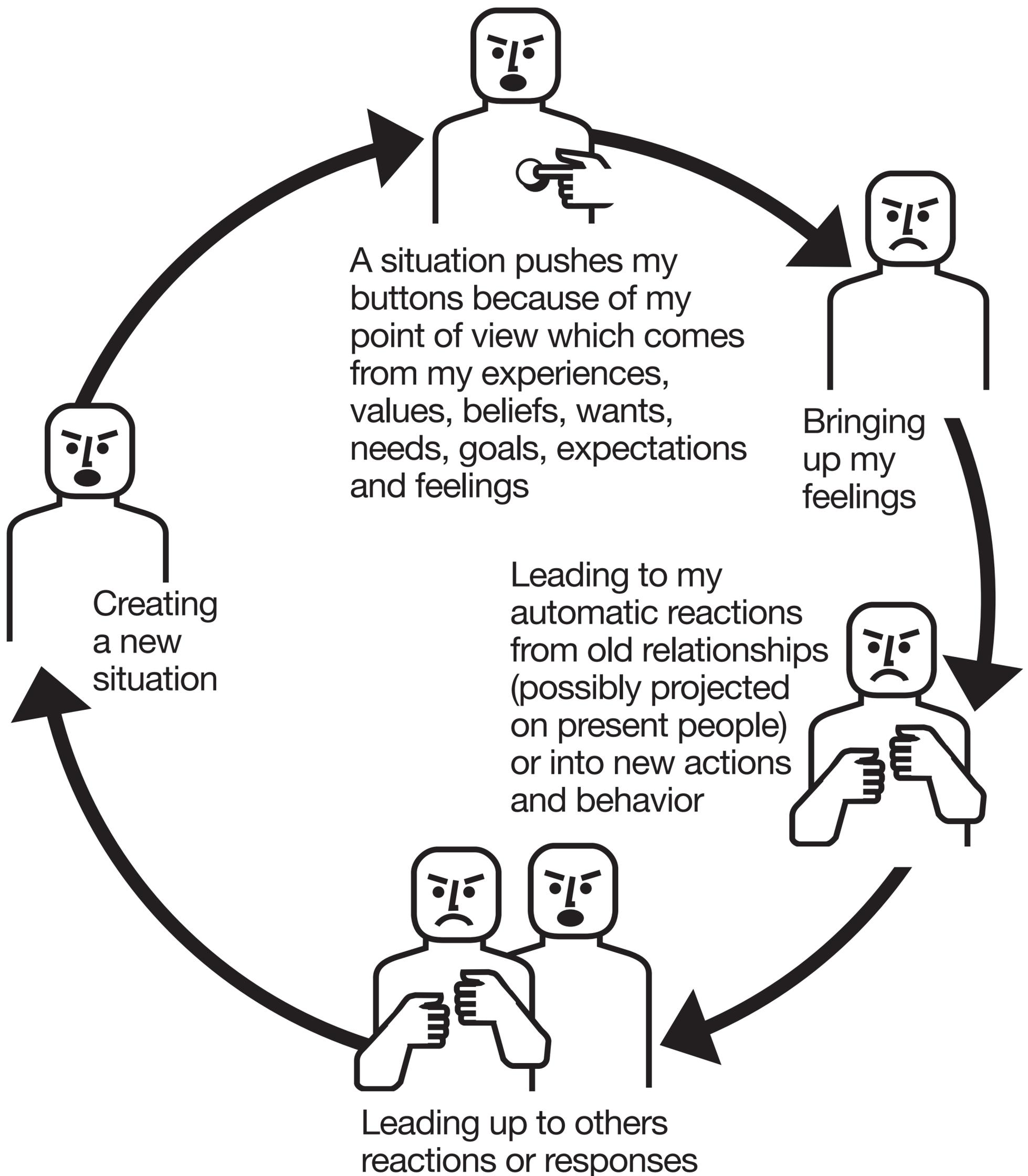
YOUR BRAIN ON ANGER



ADOLESCENT DEVELOPMENT

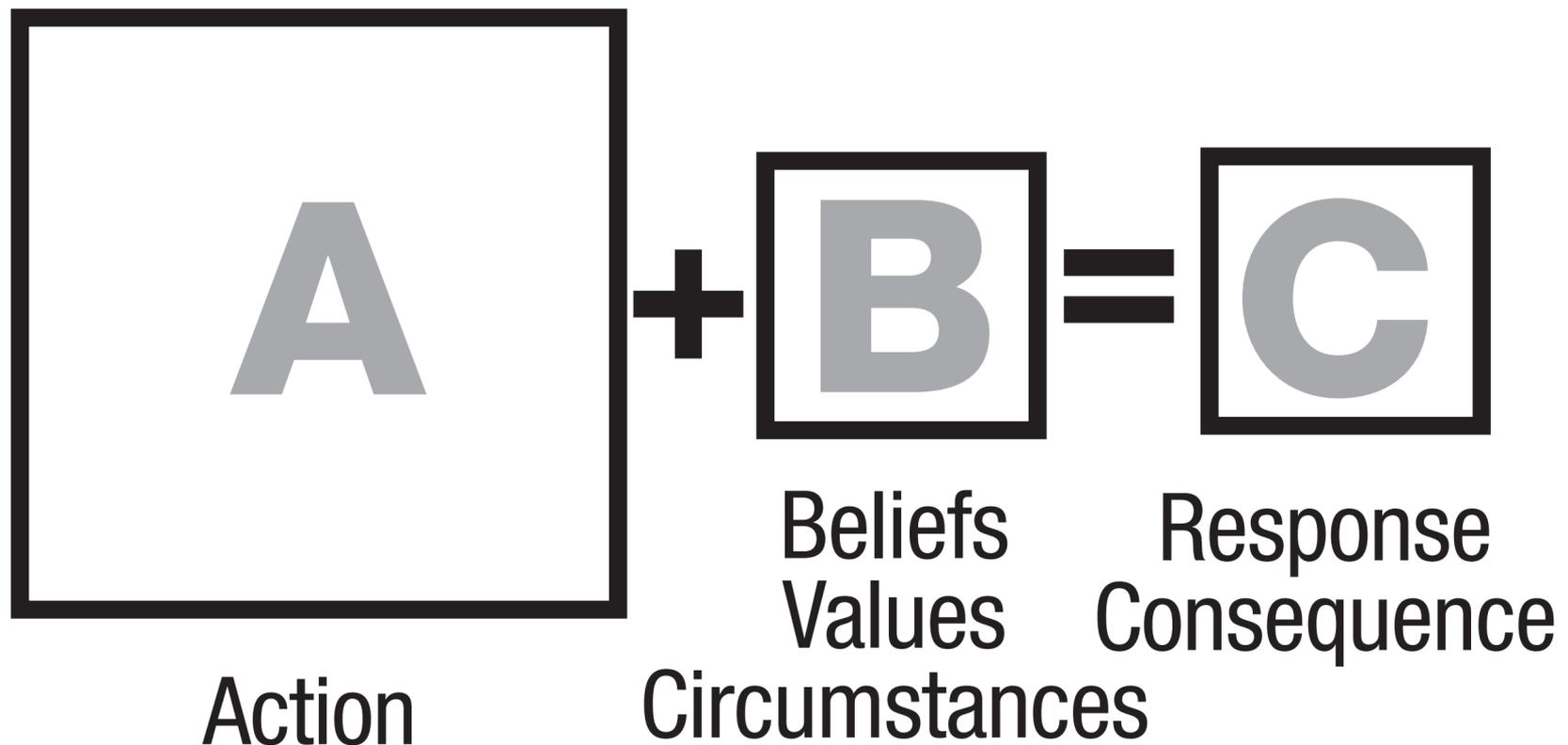


BUTTONS CIRCLE



BEING A VICTIM

VICTIM



RESPONSIBILITY

