

unexpressed anger 38

for you to know

When people feel angry, they carry their anger with them until it is expressed—directly, indirectly, verbally, or physically. When anger is expressed, it dissipates. Anger that is not recognized or expressed doesn't just disappear. It is still carried in your body and emotions and may appear later as a feeling of anxiety. Exploring your experiences with anger may help you to relieve anxiety.

People learn to deal with anger in different ways. In Cate's family, anger was expressed by shouting and breaking things. It made Cate very uncomfortable, and she tended to either ignore her feelings of anger or hold them in.

In Evan's family, people were encouraged to take their anger outside to the basketball hoop or to the treadmill in the basement. Evan learned to let his anger out when he played sports at school.

In Vanessa's family, no one showed anger. They kept their feelings to themselves. Vanessa wasn't sure what to do when she was angry. Usually she wrote about it in her diary, and sometimes she cried.

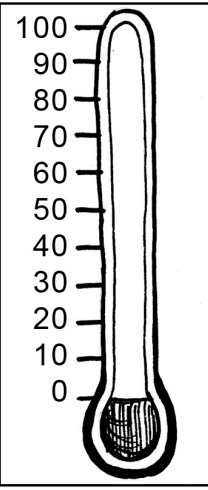
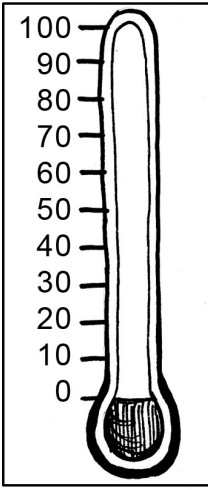
Anger should be expressed in safe ways, such as appropriate verbal expression, physical activity or exercise, writing, drawing, or playing music. When you practice paying attention to your feelings of anger and expressing them safely and completely, you may find that your anxiety level decreases.

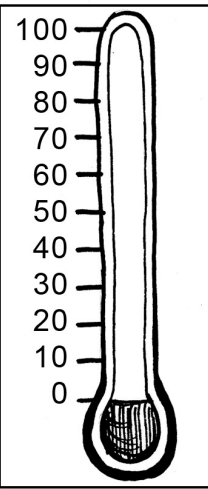
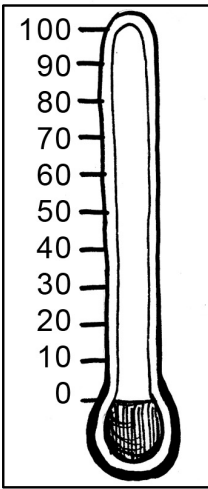
activity 38 * unexpressed anger

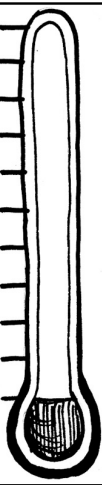
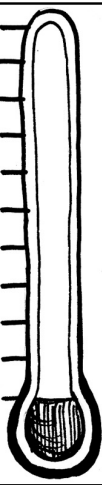
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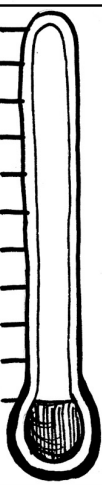
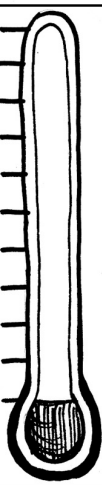
On the line in each space below, write the names of things, people, or situations that make you angry. For each item, color in the mercury of the thermometer on the left to show the level of your anger and color in the mercury of the thermometer on the right to show the amount of anger that you express about it.

If you don't think that anything makes you angry, ask yourself, "If something did make me angry, what would it be?" Then fill in the spaces and thermometers according to your answer.

How Much Anger I Feel		_____ _____ _____		How Much Anger I Express
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How Much Anger I Feel		_____ _____ _____		How Much Anger I Express
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How Much Anger I Feel		<hr/> <hr/> <hr/>		How Much Anger I Express
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How Much Anger I Feel		<hr/> <hr/> <hr/>		How Much Anger I Express
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more to do

Describe how the amount of anger you feel about each item compares to the amount of anger you express.

Describe the ways people in your family usually express anger.

Describe the ways you usually express anger.

Anger that is not expressed may come out as anxiety, headaches, stomachaches, or other emotional or physical symptoms. If you do not express all of your anger, describe where you think it comes out in you.

Tell what else you could do to let out anger that may not be expressed.

Describe anything that comes to mind that you could be angry about and may not even realize.
