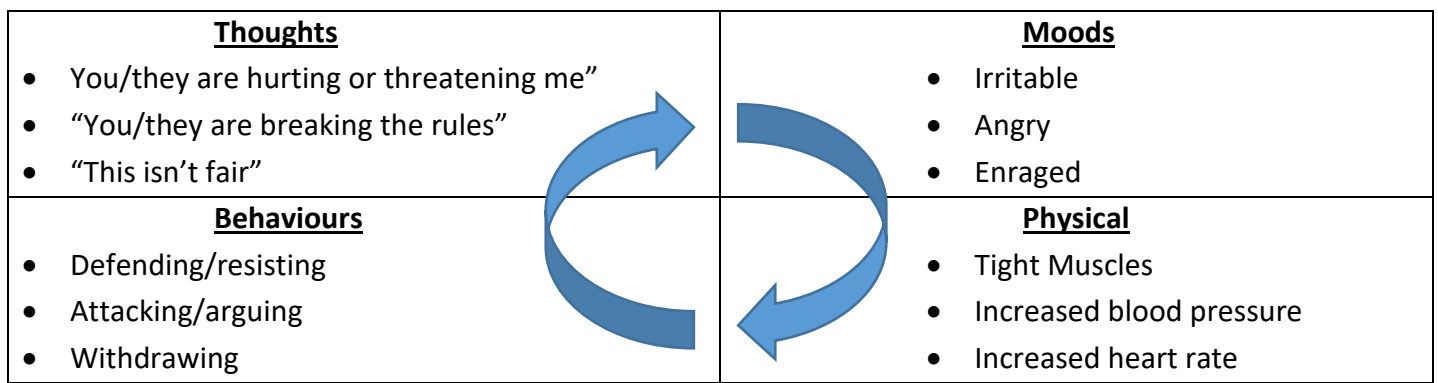


Anger

Rick asked his partner, John, to put his new shirt in the laundry while Rick went grocery shopping. John was happy to do this and put the shirt in the dryer after it was washed. When Rick got home, he asked about the shirt, and John realized he had forgotten to take it out of the dryer. When he removed the shirt from the dryer, it appeared to have shrunk. Rick was furious because he thought John should have been more careful and read the instructions to find out if the shirt could be machine dried. Rick yelled at John, "You don't care about my stuff! You are so careless and thoughtless!" John was hurt. Although he felt bad about Rick's shirt, he thought that Rick's anger was out of proportion. John yelled back, "It's your fault! If your shirt needed special care, you should have told me! I won't do you any more favours!"

FIGURE 15. 1. Profile of anger symptoms



There is great individual variation in the types of events that elicit anger

The types of events that provoke our anger are usually linked to our past, as well as to rules and beliefs that we hold.

Anger can be a problem either because it is:

- too frequent (Frequency)
- out of proportion to the event
- expressed in destructive ways (Intensity)
- because it is absent.

It is normal to feel angry.

Frequency: How often

Duration: How long it lasts (Minutes, Hours or Days)

Intensity: Irritation, Anger, Rage

(0% no anger 100% the most anger you have ever felt (Rage))