



# DEALING WITH ANGER

3D Recovery ® Resource 3.5

Contributed by Jeff E. Harris & Monserrat Moreno © 2015

## **Adaptive Anger**

Anger is an adaptive response to violation. Anger helps us stand up for our rights when they are being threatened.

## **Maladaptive Anger**

Anger can be maladaptive when your rights are not being violated. If you get angry when people are not hurting you, this anger may interfere with your ability to respond or adapt. Sometimes you might feel anger when it may be more helpful to feel fear or sadness. It may be helpful to reflect on the possibility that there are more vulnerable feelings hidden beneath your anger. Anger often becomes problematic when it is expressed in aggressive or violent ways.

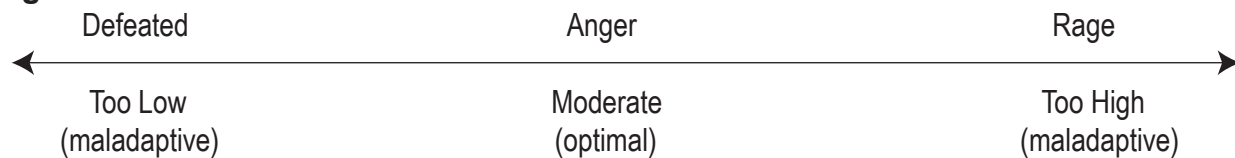
### **Feeling Words for Anger**

Mild Anger	Moderate Anger	Intense Anger
Upset Annoyed Irritated Frustrated	Angry Bitter Indignant Resentful Exasperated	Outraged Furious Pissed Off Enraged

## **Finding an Optimal Level of Anger**

In response to a perceived violation, too little anger may result in passivity and giving up your own rights. Too much anger may result in aggression that may infringe upon the rights of others. An optimal level of anger may involve assertive behavior in which you stand up for yourself without stepping on others.

### **Feelings:**



### **Thoughts:**

"I can't do anything about this."

"I deserve better."

"Someone's going to get it."

### **Actions:**

Passivity

Assertiveness

Aggression

## **Coping with Anger**

If you are feeling angry, the first thing you should do is evaluate the situation you are in to find out if any of your rights are actually being violated. If they are, you should remove yourself from the situation. Furthermore, if you are feeling like you are a danger to yourself and others, or if you are feeling the need to use, you should find other productive outlets for your anger. These can include some sort of physical activity, meditation, or social support.