

Wrong Ways of Dealing with Anger

1. By lashing out at the other

By misapplying anger we not only destroy our relationships with others, we also wound ourselves in ways that are difficult to heal.

- Have any of your relationships been destroyed by anger?
- What happened and why?
- How does your anger "wound" you?

2. Dealing with conflict but in the wrong way, by getting our way

We assume that by using the power of anger to intimidate, we can compel our opponents to accept our own "correct" way of thinking. We do this with our children when we scold them and with adults when we threaten or criticize them. Instead of resolving the conflict, these responses cause it to escalate. When words tumble out of our mouths with biting sarcasm, they cannot be retracted.

- Have you ever tried to intimidate others with your anger?
- How did you do it?
- Did you get the results you wanted?
- If not, what could you have done that would have worked better?

Misguided Anger

G Thomas



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