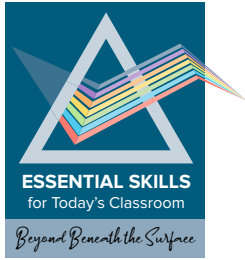




ANGER



Behaviour + **Urge**

- Yelling
- Insulting
- Kicking
- Blaming
- Swearing
- Destroying property

- To attack
- Break
- Destroy
- Hurt others

1

Function → **I Need**

Anger tells me that...

- My boundaries have been crossed
- I may be having more than one feeling at once, like anger and sadness
- An important goal is being blocked
- I have strong beliefs and values

- To express myself assertively
- To sit with my other deeper feelings
- To get help and support to achieve my goal
- To gently avoid the situation or person making me angry
- To better understand the situation
- To be more accepting of the situation

3

Body Sensation & Examples

- Heart beating fast
- Hot - Cold
- Warm face
- Ready to explode
- Heavy
- Relaxed
- Calm
- Balanced
- Strong
- Full of energy
- Light
- Pressured
- Rough

Where do you feel it in your body? ??

2

Try this!

- I feel... angry!
- I need...
 - Time & space
 - Help with my goal
 - Reassurance
 - To talk
 - Other

!!!

4

Questions to Reflect

- When do I feel the most angry?
- What does the anger tell me to do?
- Where do I feel it in my body?
- My feeling makes sense because...
- What do I need to feel better?
- How can I handle this next time?

5

References & Future Reading

Gottman, J. M., DeClaire, J., & Goleman, D. (2015). *Raising an emotionally intelligent child*. Simon & Schuster Paperbacks.

<https://www.gottman.com/blog/an-introduction-to-emotion-coaching/>

<https://emotioncoaching.gottman.com>