

FROM THE COLLEGE OF MENTAL HEALTH COUNSELLING

ANGER MANAGEMENT 101 AND THE ANGER BELIEF TEST

BY DANIEL KEERAN, MSW

ANGER MANAGEMENT 101

[from the College of Mental Health Counselling](#)

by Daniel Keeran, MSW, President

KEEP IN MIND

People abused by angry discipline as children, may tend to abuse or overly punish other people or themselves for perceived wrongs in their adult lives. Passive and aggressive personality types are often attracted to each other. In some individuals, aggressive or passive personality traits may be genetically inherited. The aggressive personality may feel weakened by having guidelines or boundaries for anger. Anger is a normal human emotion, and these guidelines can help express anger in a healthy way:

1. no yelling
2. no name-calling
3. no humiliating or demeaning sarcasm
4. no threatening behaviour
5. no pointing your finger or standing over a person
6. no physical anger
7. no obscene language; no profanity
8. no long punishing lectures or emails
9. no dominating conversations
10. use only assertive forms of expression: "I feel angry when you....(observed description of behaviour)"
11. no long punishing silences
12. no passively-aggressive anger, e.g. burning dinner
13. no serial accusations or criticisms
14. no getting back or getting even or taking revenge
15. no angry discipline
16. adopt the following values and beliefs:

Therefore, as God's chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience. - Colossians 3:12

Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. – Ephesians 4:31

THE ANGER BELIEF TEST

By Daniel Keeran, MSW

[College of Mental Health Counselling](#)

Respond to each numbered item in the short list below as either True or False for you. A true response may identify a potential area for training. Reflect on whether an item identifies a problem or issue in the way you manage your anger.

1. It is OK to direct anger toward others sometimes.
2. It is OK to shout or yell when you feel angry.
3. It is OK to use cursing or profanity, or earthy or foul language, when you are angry.
4. It is OK to throw objects or destroy property when you feel angry.
5. It is OK to discipline a child when you feel angry.
6. It is OK to punch, kick, chase, push, grab, slap, scratch, bite, slam a door, stomp, pound your fist, point your finger, spit on, block a person's path, and stand over a person or use other physical ways to express anger.
7. It is OK to direct serial criticisms toward a person.
8. It is OK to dominate the conversation.
9. It is OK to use long silences or refuse to answer questions when you feel angry.
10. It is OK to take revenge, or get back at a person, or hold a grudge for an injustice done to you.
11. It is OK to use humiliating or demeaning sarcasm toward a person or to use humour at another's expense.
12. It is OK to call someone demeaning names.
13. It is OK to mock, deride, or make fun of a person.
14. It is OK to speak against a person to undermine them to others.
15. It is OK to make a blanket condemnation of a person, e.g. "You always/never...".
16. It is OK to "guilt trip" a person, e.g. "You make me want to die."
17. It is OK to speak of resolved offenses from the past, as an expression of anger.