

# HOW TO RESPOND TO ANGER WORKBOOK

EMPOWERSHIP

# Strategies

WHAT STRATEGIES DO YOU USE TO MANAGE THE ANGER OF OTHERS DURING A CONVERSATION? HOW WOULD YOU RATE THEIR EFFECTIVENESS ON A SCALE OF 1 TO 5?

1. \_\_\_\_\_

1 - 2 - 3 - 4 - 5

2. \_\_\_\_\_

1 - 2 - 3 - 4 - 5

3. \_\_\_\_\_

1 - 2 - 3 - 4 - 5

4. \_\_\_\_\_

1 - 2 - 3 - 4 - 5

# Exploring Anger

**NAME OF PERSON**

**SIGNS OF ANGER**

**DEGREE /  
FREQUENCY**

**CURRENT  
STRATEGIES /  
RATING**

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# Own your space

## **EXPLORE:**

WHAT HAPPENS WITHIN YOU WHEN YOU FIRST EXPERIENCE SOMEONE ELSE'S ANGER?

# Defining GATIs

- **Gremlins** (a.k.a. inner critic). The gremlin works through fears.
  - *Ask - what fears is this person's anger generating inside of me?*
- **Assumptions.** Believing if it happened once it will happen again.
  - *Ask - In the past what have I experienced around anger that I think will happen again?*

# Defining GATIs

- **Interpretations.** An opinion that you've created about an event, situation or experience.
  - *Ask - what interpretations have I placed on this person's anger? And on a scale of 1-5 how accurate are they?*
- **Limiting beliefs.** Are things you accept in life that limit you.
  - *Ask - what am I accepting, around this person's anger that is limiting me?*

# Exploring Anger

<b>SITUATION</b>	<b>GREMLIN (INNER CRITIC)</b>	<b>ASSUMPTIONS</b>	<b>INTERPRETATIONS</b>	<b>LIMITING BELIEFS</b>