

UNDERSTANDING ANGER



THE SOCIAL CONNECT MODEL



WHAT IS ANGER?

Anger is an emotion characterised by antagonism towards someone or something you feel has deliberately done you wrong

ANGER IS A SECONDARY EMOTION

Typically, one of the primary emotions, like fear or sadness, can be found underneath the anger . Fear includes things like anxiety and worry. Sadness comes from the experience of loss, disappointment or discouragement



THERE ARE THREE TYPES OF ANGER

- Passive aggression
- Open Aggression
- Assertive aggression





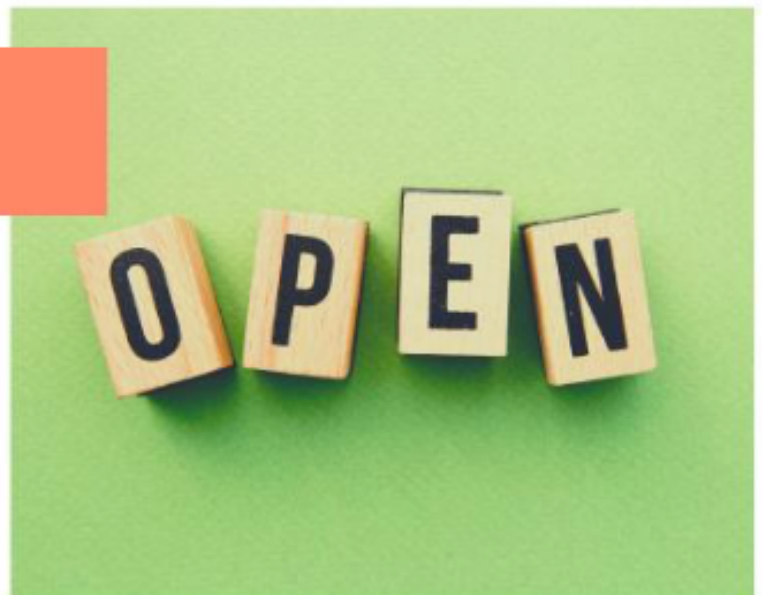
PASSIVE AGGRESSION

This is where the person indirectly acts aggressively. Some common signs of passive aggressive behaviour include: bitterness and hostility toward other people's requests, intentionally delaying or making mistakes when dealing with other people's requests

OPEN AGRESSION

This is characterised by lashing out.

This can be either verbal (verbally abusing another person or self directed verbal abuse) or Physical abuse (i.e. hitting, kicking, slapping, spitting)



ASSERTIVE AGGRESSION

While assertive people can state their opinion and beliefs remaining respectful of the opposing opinion, assertive aggression manifests as asserting opinions and beliefs without regard for the opposing opinions or beliefs

