



Types of Anger

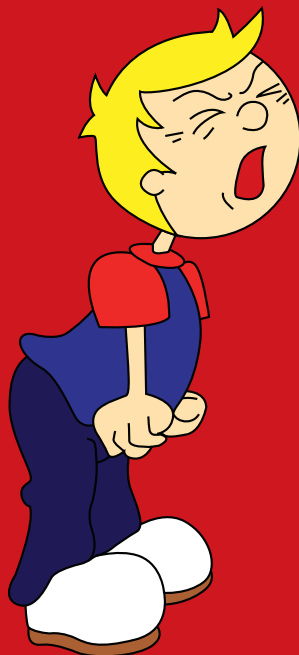
We all react differently when we get angry. In the story we have explosive anger and stubborn taciturn anger. Both need different approaches. A big part of the rows that break out between us comes from the misunderstanding over what the other is feeling. They seem to be handling the situation differently from us therefore we can't understand them.

It is important to recognise that in our families there are a number of vying personality types and we need to take this into account. People who explode need time to calm down and people who are quiet find it hard to open up when they are angry. Each needs a different response.

Think about your family. Who is the one that explodes and which is the one that sulks? Which family member tries to mend fences first and which one needs time to lick their wounds? Are there two or three that always go head to head over anything? Is there one who will do anything to avoid a fight?

All have strengths and weaknesses of their own. How can you learn to use the strengths better?

Talking about how each of the family reacts when they get angry can be helpful for you all to learn what to do the next time it happens.



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