

# Anger is important

TIP of the  
**Ice Berg**

“Anger is depression's body guard”

## TYPES

- **Aggressive:** Violence, threatening, Raging, Yelling
- **Avoidant, Repressive:** Suppressing, Resentment, Self-harm, Explode occasionally
- **Sideways:** Bitching, Gossip, Sarcasm, Sabotage
- **Assertive:** Respectful, Clear, Express Feelings,

## WHY DO WE GET ANGRY?

Boundary violation

Injustices

Unmet needs

Trauma

Invalidation

Values disrespected



We have become highly skilled in suppressing anger

Future

Setting safe boundaries

Think of the bigger picture

Put yourself in their shoes

Think first – Getting angry will achieve what?

Safety first

Identify your unmet needs

Punching pillows | Movement | Running | Screaming | Swearing | Say “I am feeling angry” | Dance | Sigh loudly | Anything that expels anger in a safe manner