

WAYS OF MISHANDLING ANGER

1. PEACE AT ANY PRICE

This form of mishandling anger involves an individual who will take the blame for everyone and for everything, even if things are not their responsibility.

2. STAMP SAVER

These individuals minimize the things that irritate them. They say, "It's not that big of a deal" or "I will deal with this later."

3. SILENT APPROACH

Another name for this type of person is someone who "clams up". These people can cause confusion with those around them because an individual never knows what was done or what was said to upset the person.

4. GOOEY SWEET

These people appear to be covering up something. They come across as being fake. They act as if nothing is wrong.

5. THE CRITIC

These individuals are those who exhibit themselves as being critical and sarcastic about anyone and anything.

6. THE RATIONALIZER

A socially acceptable reason to explain one's behavior. This process helps us deceive ourselves about our true, possibly unacceptable feelings.

7. THE BLAMER

Unconsciously re-directing our anger at someone or something which has little to do with the real cause of our feelings.