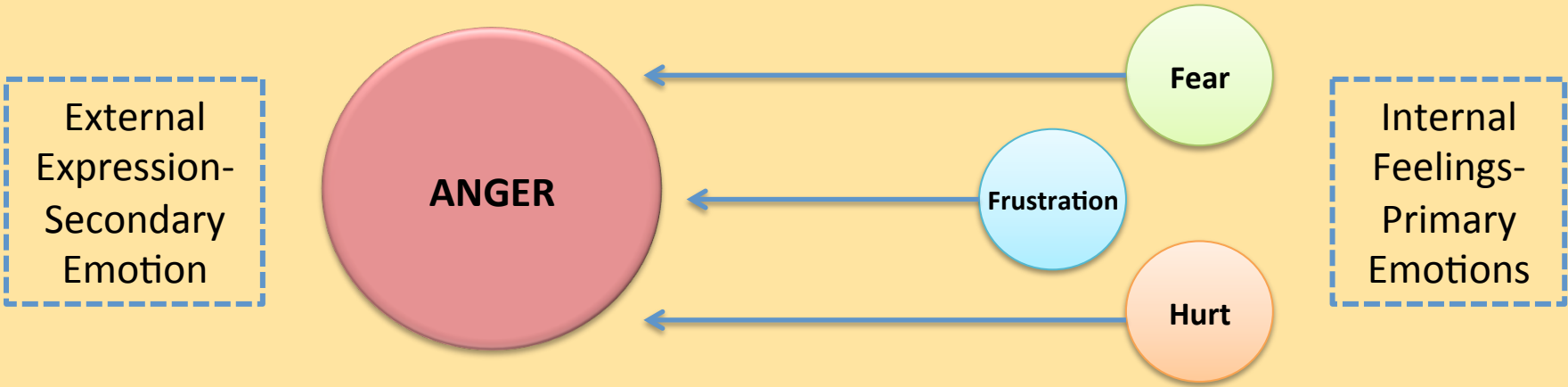


# ANGER—A MULTIDIMENSIONAL CONSTRUCT:

## Addressing Anger through the ‘Responsibility-Empowering Actions’ Method

Anger is the external expression of the internal feelings, the primary emotions of Fear, Frustration, & Hurt that we have a hard time getting in touch with.



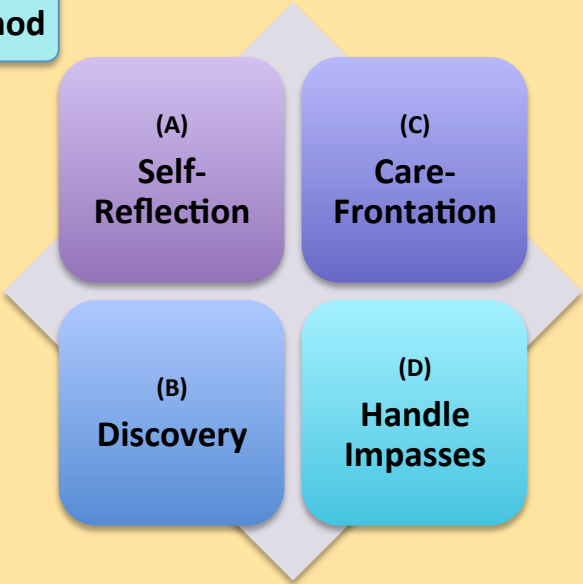
### Responsibility-Empowering Actions Method

#### (A) Self-Reflection:

- ♦What am I ‘fearful’ of?
- ♦What am I ‘frustrated’ about?
- ♦Why am I feeling ‘Hurt’?

#### (B) Discovery:

- ♦When did I first feel these feelings?
- ♦What were the surrounding circumstances?
- ♦What were my immediate reactions?
- ♦What belief systems or core values did it trigger?
- ♦What assumption did I make about the present circumstance and the person?



#### (C) Care-Frontation:

- ♦What is my motive in this?
- ♦Am I correcting him/her for his/her benefit or mine?
- ♦Am I trying to control the person or will there be a positive gain to our relationship and interaction?

#### (D) Handle Impasses:

- ♦What is my ‘meaning’ (significance) to the other’s actions/ this situation?
- ♦What is the other person’s ‘meaning’ (significance) to my actions/ this situation?
- ♦How are we possibly looking at this from different perspectives?
- ♦What ways can we each compromise, where I can maintain my own boundaries, yet also create safety for the other?