

6 ANGER STYLES

Ways people deal with anger. . .

- 1.) **STUFFERS** (Hold anger in)
 - Conflict Avoiders – Push anger down inside
 - Deny or bury Anger
 - D/A abusers

- 2.) **WITHDRAWERS** (Hide anger feelings from others)
 - Passive-Aggressive – Pretending, then getting even
 - Indirect
 - Silent Treatment

- 3.) **BLAMERS** (Displace and dump anger on others)
 - Name-calling
 - Attacking
 - Putting others down

- 4.) **TRIANGLERS** (Spread their anger among others)
 - Not direct
 - Pull others in

- 5.) **EXPLODERS** (Vent anger in form of rage)
 - Use violence to express anger
 - Volcanic, explosive
 - Hurt self and others

- 6.) **PROBLEM SOLVERS**
 - Can express negative feelings in nice way
 - Talk about what is making them angry
 - Look for solutions to problems and frustrations

You can control and manage your angry feelings!