



Counselor's Corner



Mrs. Rae

Reaction Time

There are three ways that people generally express their anger: aggressive, passive, and assertive.

Aggressive Anger: People who display aggressive anger demand their rights without thinking about the rights of others. The effects of aggressive anger is emotional, physical, or psychological hurt of others.

Passive Anger: People who tend to keep their anger bottled up inside them without sharing or dealing with the issues. These people are usually quiet and do not get what they usually want.

Assertive Anger: People who stand up for their rights and still keep in mind and respect the rights of others. Anger is expressed in a direct and non-threatening manner. A variety of responses to dealing with anger are used.

Keeping Track of your Anger

Keeping track of one's anger may provide insight into the thoughts, feelings, and behaviors that may trigger outbursts. It also helps individuals determine the cause of the anger.

- ❖ Keep a daily journal of important events, interactions with people, and personal thoughts and feelings.

Escape, Express, or Explode

When you are angry, you have a choice about how you will respond...



1. You can escape by burying your feelings or by ignoring or avoiding the situation.