

Handout 1

Different Ways of Expressing Anger

We tend to be mixtures of all or some of these common features

Exploders	Like guy on the video they can become aggressive/violent	Their anger expression is overt/obvious in words or actions or both
Simmerers	Don't necessarily erupt but their anger simmers beneath the surface. They may sulk, mutter to themselves or cold-shoulder the one who has made them angry	Tend to use negative but often quite subtle body language. Person they are angry with may not realise because of mixed messages
Somatizers	Deny anger and holding grudges yet suffer from chronic stress-induced illness	Unprocessed anger that uses the body as a way of expressing itself. Resentment festering inside us can be like acid to the tissues of our body.
Underhandlers	They attack in an indirect way with put downs, snide or obstructive comments	Can be inconsistency between words and actions eg friendly body language, but negative words through gossiping, teasing
Self punishers	Take blame on themselves for other people's upset/anger eg if I hadn't said/done that s/he wouldn't be angry. It's my fault. They take on the other person's anger.	Tend to turn anger in on themselves or direct towards others. Can cause themselves to be ill.
Schemers	Use time and effort in working out ways to get even.	Is prepared to wait to get even.
Transformers	Those who learn how to use their anger appropriately	