

ANGER: WHAT IS IT TELLING ME?

RESPECT THE SIGNAL - CHOOSE THE BEHAVIOR

Anger can signal threat, injustice, betrayal, frustration, grief, or a crossed boundary. Feeling anger is different from harming someone.

ANGER HAS INFORMATION

- Ask: What feels threatened, unfair, blocked, betrayed, or disrespected?
- Anger after trauma can be connected to survival responses and high arousal.
- The feeling itself does not make you abusive or dangerous.

NOTICE EARLY BODY SIGNS

- Tight jaw, hot face, racing heart, clenched hands, pacing, louder voice, tunnel vision, or an urge to act immediately.
- Learn your earlier signals so you can respond before reaching full activation.

PAUSE WITHOUT PUNISHING

- Take space when needed: 'I am too activated to discuss this well. I will return at 7:00.'
- Use movement, grounding, breathing if helpful, cold water, quiet, or another safe regulation strategy.
- A timeout is not silent treatment when you clearly communicate return.

TURN ANGER INTO ASSERTIVENESS

- Name the behavior, impact, need, or boundary.
- 'I am angry that this agreement was broken. I need us to address what happened.'
- 'I will not stay in a conversation where I am being insulted.'

ANGER NEVER EXCUSES ABUSE

- Threats, stalking, intimidation, humiliation, coercion, property destruction, reckless driving, sexual pressure, or violence are behaviors - not unavoidable consequences of anger.
- If you caused harm, stop, take responsibility, repair what can be repaired, and seek help to prevent repetition.

ANGER CAN REFLECT INJUSTICE

- Discrimination, racism, exploitation, betrayal, and human-rights violations can evoke legitimate anger.
- Regulation does not require pretending the injustice is acceptable.
- Use anger in ways that protect safety, dignity, values, advocacy, and effective action.

Anger can be a signal. You still choose what you do with the energy it brings.