

WHERE ANGER CAN AFFECT YOU IN YOUR LIFE

• WITH PARTNERS AND FORMER PARTNERS

- ...loss of relationships with partners who were once important to you through separation and divorce**
- ...conflictual, contentious, and volatile divorces, sometimes costing thousands of dollars and creating significant emotional turmoil in your life and the lives of others**
- ...ongoing anger and resentment with former spouses and partners that keep you “stuck” in your life and unable to move on in a healthy way**
- ...anger, hostility, resentment, and abusive behavior with current partners which can result in emotional, verbal, physical, and sexual abuse; marital conflict; and emotional and physical estrangement from one another; and the eventual loss of the relationship and, potentially, significant legal issues**

• WITH YOUR CHILDREN

- ...explosive and disrespectful anger with your children:**
 - ... about their poor performance in school or in other activities;**
 - ...about their not listening to you and doing what you expect them to do;**
 - ...about their “picking on” or bullying their siblings;**
 - ...about their not doing their chores and homework; and**
 - ...about their being preoccupied with their cell phones, their video games, or their computers**
- ...which can lead to conflict with them, their becoming afraid of you, their distancing from you emotionally, or their becoming explosive and disrespectful themselves as they get older (with you or others)**
- ...loss of time with your children, if you separate from your partner and/or get a divorce**

• WITH YOUR EXTENDED FAMILY

- ...conflicts/bad feelings/strained relationships/feuds and grudges with relatives and in-laws**

...blow-ups at holidays and family gatherings which can result in “ruined” celebrations and more anger and resentment
...refusal to attend or not being invited to family get-togethers because of bad experiences that have occurred in the past

- **WITH YOUR FRIENDS AND ACQUAINTANCES**

...disagreements, feuds, and grudges that interfere with or end relationships with other people who have been important to you in your life

- **IN THE SCHOOLS**

...in-person and cyber bullying
...assaults and shootings in the schools

- **IN THE WORKPLACE**

...conflicts with supervisors, employees, and co-workers which can lead to a lack of cooperation and productivity; being put on probation; being suspended, laid off, or fired; and quitting or changing jobs abruptly and ending up “stuck” in your work life and career
...shootings and murders at the job site by angry or disgruntled employees who are rageful or have been suspended, laid off, or fired and come back to wreak havoc on their former workplaces (think about the phrase “going postal”)

- **IN YOUR NEIGHBORHOOD OR COMMUNITY**

...neighborhood disputes and anger which can lead to yelling and pushing matches, fist fights, police calls, and legal involvement and could include issues like:
...a neighbor’s outdoor cat coming into your yard and killing birds you are feeding
...loud and disruptive noise (barking dogs, blaring car or home stereos, yelling or swearing during conflicts between couples or people on the street)
...property damage, defacement, or vandalism (by children, pets, or other adults)
...problems with trees (e.g. crab apples or other debris dropped by a neighbor’s tree onto your deck, your sidewalk, or other parts of your property)

...fences (placed on your property by a neighbor or interfering with your view of something you want to see)
...”eyesore” properties: a neighbor who doesn’t take care of his or her property
...a yard with unsightly garbage, weeds or tall grass, or abandoned vehicles
...a house with peeling paint or a garage or shed that is in disrepair and “falling apart”
...anger and conflict in neighborhood or condominium associations
...criminal activities like burglary, robbery, and drug use or sales
...gang activity that can lead to assaults and even to murders

- **IN THE ORGANIZATIONS WHERE YOU ARE ACTIVE**

...anger and conflict in youth sports (parents of athletes yelling at or assaulting each other or the referees) or in adult sporting activities (softball, basketball, soccer, or other recreational leagues)
...anger and conflict at city council and other community meetings
...anger and conflict related to school programs (e.g. PTA or school board meetings)

- **ON THE ROADS AND IN PARKING LOTS: ROAD RAGE**

...blow-ups, threatening behavior, actual assaults, and even shootings and murders on our roadways and freeways and even in parking lots (over parking spaces)

- **IN THE AIR: AIR RAGE**

...passengers drinking too much or experiencing mental health issues (e.g. anxiety about flying) and acting out in a variety of ways
...passengers yelling or screaming at flight staff or other passengers
...passengers urinating or defecating on a plane
...passengers making threats, damaging or destroying property, or becoming physically assaultive and abusive with flight staff or other passengers
...passengers breaking rules (smoking despite prohibitions against doing this) which can lead to any of the afore-mentioned behaviors

- **IN THE LARGER WORLD**

...rape, wars, terrorism, and genocide all over the globe

- **WITHIN YOURSELF: THE ANGER, NEGATIVITY, HOSTILITY, AND CYNICISM THAT YOU CARRY AROUND WITHIN YOU**

...resentments, hurts, and frustrations that you carry from the past that affect you in your life today

...stewing and brooding about real or perceived injustices that others have done to you in the present

...fear, anxiety, and anger about what might happen in your life in the future