

## How Can I Do a Better Job on My Anger?

Working on handling your anger can be very rewarding, but you've got to have a plan. Two steps for handling your anger appropriately are

1. Ask yourself what about the situation makes you angry.
2. Look at the feelings *under* your anger. What it is that you are really angry about?

These are not easy steps. Asking yourself what makes you angry might seem like it would be simple to do. However, often we are really angry before we think about that question. Help lower your anger by slowing down, trying not to take yourself too seriously, and letting go of old grudges. In part 3, we'll look more deeply at ways to challenge how we deal with anger.

The next exercise is about self-hate and how it relates to our anger problems. Self-hatred is a combination of anger and shame turned inward. The anger makes people attack themselves whenever they do anything wrong or when they fail at something. The shame makes them think they will never get better. Together, anger and shame produce this thought: "I screwed up my life in the past, I'm screwing it up now, and I will certainly screw it up in the future."



**It's difficult to  
treat others decently  
when you are being  
mean to yourself.**



## EXERCISE 12 EXERCISE

### Self-Hate and Anger Management

- A checklist of some self-hating thoughts and actions are listed below. Place an **X** in front of the ones you can relate to.

- I get angry at myself a lot.
- I often neglect my own basic needs, such as making doctor appointments when I'm sick.
- I don't like the way I look, what I do, how I think, who I am.
- I often think "I'm no good," "I'm not good enough," "I'm unlovable," or "I don't belong."
- I call myself "stupid," "worthless," or "ugly."
- I swear at myself.
- I ignore praise or refuse to believe it when people say nice things about me.
- I often fail at what I do because I expect to fail or believe I don't deserve success.
- I think of myself as hopeless. I'll never be good at anything or for anyone.

- Total the number of items you could relate to in the list above. \_\_\_\_\_

If you placed an **X** next to two or more items, you may be full of self-hate. Regardless of how many items you checked with an **X**, try to give respect to others and yourself. Remember that self-hate may ruin your efforts to be healthier with your anger. If you don't start treating yourself better, you probably won't be able to keep control of your anger.