

Name: _____ Date: _____

Different Anger Styles

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| 1. These people bury their anger. Anger will normally manifest itself in other ways (tension headaches, muscle tension, gastrointestinal problems, depression, etc.). | A. Trianglers |
| 2. You will probably know that they are angry, but they won't ever tell you directly that they're angry, or what they're angry about. | B. Passive-Aggressive |
| 3. These people express their anger by blaming other people for their problems, and their anger. | C. Stuffers |
| 4. These people express their anger by bringing in a third party to the argument/conflict. | D. Behavioral Aggression |
| 5. These people stuff their feelings, and bottle them up until one day they explode, due to suppressed feelings of resentment. | E. Chronic Anger |
| 6. These people express anger through talking it out however, if that is not an option, other healthy coping skills are used (deep breathing, physical exercise, etc.). | F. Problem Solvers |
| 7. A person using this style of anger often feels the need to be in control of themselves, other people, and situations. | G. Projective Anger |
| 8. These individuals do not tend to express their needs and feelings and have a difficult time saying no without feeling guilty. | H. Exploders |
| 9. When they are mad, they want to get even and may use seduction and/or manipulation to get what they want. They are often nice to your face and use behind-the-back techniques to get even. | I. Self-Abusive Anger |
| 10. These people are usually pretty angry and are afraid to own and express their anger. Instead, they project their anger onto others and/or may get others to act out on their anger for them. | J. Volatile Anger |
| 11. This form of anger expression is a choice to react physically toward the feeling of anger and is often aggressive, or at the very extreme end of the spectrum, violent. | K. Blamers |
| 12. This anger feels like an ongoing and general sense of resentment of other people, a sweeping sense of frustration with certain circumstances, or often anger towards oneself. | L. Verbal Anger |

13. This type of anger is usually a reaction to a perceived injustice or someone else's shortcoming. M. Aggressive
14. This type of anger is an uncontrolled type of anger and it usually occurs when we feel that a situation or circumstances are beyond our control, resulting in feelings of hopelessness and frustration. N. Passive
15. This type of anger is usually an instinctual response to being confronted or attacked by someone else and is motivated by revenge for a perceived wrong. O. Overwhelmed Anger
16. This type of anger is a shame-based type of anger and is expressed via negative self talk, self-harm, substance use, or disordered eating. P. Retaliatory Anger
17. This type of anger is often seen as less dangerous than behavioral anger, but it can be a form of emotional and psychological abuse that deeply hurts the target of one's anger. Q. Judgmental Anger
18. This type of anger seems to come out of nowhere and the person is very quick to get upset about perceived annoyances, both big and small. R. Withdrawers