

## Week 2 Teleseminar Handouts

To discuss your progress on this course, go to <http://tinyurl.com/r3qamx>

### Recap on Week 1

Take a look at Appendix one and I'll talk you through it.

Remember you are trying to speak and negotiate more so that you can find solutions to problems.

If you want to get ahead for week 2, answer yes or no to the questions on Appendix 2.

### Week 2 – Learning How to Deal with Angry Exchanges

What is the function of our anger?

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What is the biggest fear you have about showing your frustration or anger?

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Answer yes or no to Appendix 2. You can do this before the class starts if you wish.

## 4 Week Assertiveness & Confidence Building Course

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How was anger expressed in your family of origin? Think about this before the class. The class may stimulate more reflection on this aspect of how you deal with anger.

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What do you think the legacy of it is in your life today?

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In the last week, you have been studying how your feelings are not matching your actual words. Sometimes you have ignored your feelings. Write down below an angry response you would have liked to have said, in all its full Technicolor language, if you'd had no social conscience at all!

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In this space I'll ask you to write something live on the call:

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Anger is

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Assertiveness is

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We must change our dysfunctional \_\_\_\_\_ language to functional \_\_\_\_\_ language.

Here are 5 guidelines for expressing Anger

Guideline 1

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Guideline 2

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Guideline 3

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Guideline 4

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Guideline 5

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Use I language not You language.

Step 1

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Step 2

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Step 3

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You must remember:

a)

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b)

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c)

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d)

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### Homework

Tell your family and nearest and dearest that you are practising expressing your anger. When you then feel anger, capture its disturbance as quickly as possible. If the moment passes, you can still go back to it and discuss it later. Remember to remain with your functional 'I' statements and to avoid your dysfunctional 'you' statements. I want you to record how different it feels to negotiate things this way to the way you normally do it. If there appears to be no opportunity for anger in your life in the next week, practice the above formula with anything that comes up that you would normally cover up or avoid dealing with head on. You can use the same formula for many forbidden feelings that you have ignored and incarcerated.

The anger you suppress inside and refuse, or don't know how, to express assertively will cause you mental, emotional and even physical harm. That means the more you can capture angry feelings and carefully express them, the better. Expressing anger carefully does not make you an angry person. Expressing them carefully releases the angry emotion and brings calm. Your fear of angry outbursts is the fear you get when you've spent a long time stifling your anger and have become frightened of its impact. You may need to practice capturing disharmony in your mind and body and trying to identify it better. You can do this by journaling to discover what underlies your thoughts.

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Stifled anger will cause depression and anxiety at times and if you don't develop this kind of emotional response to anger it may move further down into the body expressing itself as IBS, Crohns or digestive and allergic responses.

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And don't forget, you can email me on [jenny@theopenmindguide.com](mailto:jenny@theopenmindguide.com) if you need any help.

**THE DIFFERENCE BETWEEN ASSERTIVE, PASSIVE AND AGGRESSIVE BEHAVIOURAL APPROACH**

<b>PASSIVE</b>	<b>ASSERTIVE</b>	<b>AGGRESSIVE</b>
SUPPRESSED OWN RIGHTS EXPLOITED BY OTHERS	DEFENDS HIS/HER RIGHTS RESPECTS OTHERS RIGHTS	SUPPRESS OTHERS RIGHTS EXPLOIT OTHERS
DOES NOT ACHIEVE HIS/HER GOALS	ACHIEVE HIS/HER GOALS WITHOUT HURTING OTHERS	MIGHT ACHIEVE HIS/HER GOALS AT OTHERS EXPENSE
FEELS HURT, ANXIOUS, UNHAPPY	SATISFIED AND CONFIDENT	DEFENSIVE AGGRESSIVE, HUMILIATING, PUT DOWN OTHERS
RESERVED WITHDRAWN	EXPRESS HIMSELF/HERSELF EMOTIONALLY AND SOCIALLY	DISRUPTIVE, HOSTILE, ANGRY, UNPREDICTABLE
ALLOW OTHERS TO CHOOSE FOR HIM/HER	CHOOSE FOR HIMSELF/HERSELF	INVOLVED IN OTHERS CHOICES
PLEASER, CONFLICTS, REJECTION, STRESS, PAIN, LACK OF SELF	MASTER OF HIS/HER OWN LIFE FREEDOM	NEED OF CONTROL, ISOLATION DISTANCE, FEAR, ANXIETY, STRESS

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### Appendix 2: Attitudes toward Anger

Mark with 'yes' or 'no'

1. Do you tend to be quiet when you are angry?
2. Do you tend to distance yourself from the person you are angry with?
3. Do you simmer for long hours or days and finally free the anger in an outburst of temper?
4. Do you tend to get hurt when you are actually angry?
5. Do you express your anger towards somebody else?
6. Do you express your anger directly and firmly without making judgements towards somebody else and calling them names?
7. When somebody is angry with you, can you express your anger in a direct and effective way without tears and/or anxiety?
8. When somebody is angry with you are you able to listen and try to understand his or her distress?
9. Do you feel hurt and rejected when somebody is angry with you?