

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.). C | 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. R | B. Passive-Aggressive |
| 3. These people express their anger by blaming other people for their problems, and their anger. K | C. Stuffers |
| 4. These people express their anger by bringing in a third party to the argument/conflict. A | D. Behavioral Aggression |
| 5. These people stuff their feelings, and bottle them up until one day they explode, due to suppressed feelings of resentment. H | 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 | 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. M | 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. N | 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. B | 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. G | 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. D | 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. E | L. Verbal Anger |

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| 13. This type of anger is usually a reaction to a perceived injustice or someone else's shortcoming. Q | 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. O | 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. P | 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. I | 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. L | 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. J | R. Withdrawers |