

A Functional Response To Anger!

Simply put, a **functional** response to anger involves a process of realistic problem solving. This approach can be applied to clarify needs, wants, limits, and boundaries in any relationship! A functional response to anger involves the following conscious steps:

1. Identifying the inner feeling of anger when it happens.
2. A further identification that, “things are not apparently going in a way that I want them to.”
3. Specifically identify, “What was not going my way?”
4. Specifically identify, “What is it that I would **want** or **need** instead?” Or, “What is the **outcome** that I want?”
5. An appraisal of that **want** or **need** on four levels: “Is what I want...”
 - A) **Realistic** – when you look at the *big picture*?
 - B) **Reasonable** – when you look at the *big picture*?
 - C) **Relationally Fair** – when you look at the *big picture*?
 - D) **Relatively Important** – when you look at the *big picture*?
6. Taking action as necessary that shows consistency with your Belief System.

A **dysfunctional** response to anger would generally involve one or more of the following choices:

1. Attempt to force what you want on the situation or person.
2. Ignore or deny your anger.
3. Pretend you are not angry, and later on, *covertly* force what you want on the situation or person; engage in manipulation.