

Anger Management Toolkit

Identifying other emotions



This worksheet is designed to assist you in developing your personal skills to better manage your current situation.

If you are having trouble understanding this worksheet or need support, please call a MensLine Australia counsellor on 1300 78 99 78.

Things to think about

When things go wrong, anger and frustration are often the easiest feelings to express. Yet anger can hide other feelings such as helplessness, hopelessness or feeling sad, hurt or afraid. When these feelings are hidden, anger becomes the usual response. By not being aware of what your anger is made up of, you remain angry.

Anger can become the response to many feelings and thoughts, and can then become a habit.

Activity

Think back to one of those angry moments you have had. It doesn't have to be a major event. Now, with that time in your mind:

1. What was the situation that made you angry?

Example: A car pulled out unexpectedly in front of me or I had an accident with another car, completely damaging my vehicle.

When we are angry there is nearly always a need or want that has not been met. Sometimes this unmet need or want is something material such as money or a possession and at other times it is more a feeling or quality such as being respected or feeling loved.

2. What was the unmet need or want?

Example: In the case of the car pulling out in front of you, the unmet need may be a sense of your personal safety (a feeling or quality).

If you had an accident, the unmet need may also be your car (a physical thing).

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3. Now consider the unmet need or want. Consider what other emotion this unmet need or want has triggered.

Example: The fact that you feel your personal safety has been compromised may lead you to feel fear as well as anger. If you lost your car in an accident, you might also feel shocked and/or saddened.

Next time you are feeling angry try to identify the other emotion that is underneath. Then when you are talking about the situation you have a chance to focus on the feelings behind your anger. This can lead to more productive conversations and less likelihood of conflict. See the 'I' statement worksheet for more info on how to work on this.

4. What is the main other emotion you were feeling? (Circle one or two at most)

- ☐ angry AND sad
- ☐ angry AND hurt
- ☐ angry AND afraid
- ☐ angry AND helpless
- ☐ angry AND shocked
- ☐ angry AND ashamed
- ☐ angry AND ... (add another emotion not listed)

This worksheet is part of a series on anger management, communication and self-care. You may find it useful to complete other worksheets in this series. For more information or assistance, call MensLine Australia on 1300 78 99 78