

# Anger



It is important to understand and recognize emotions in order to manage them.

- “Anger” includes anger, aggravation, agitation, annoyance, bitterness, exasperation, ferocity, frustration, grouchiness, grumpiness, hostility, indignation, irritation, outrage, rage, vengefulness, and wrath.
- Intensity does not necessarily predict outcomes. For example, someone can feel rageful but keep this to themselves, whilst someone grumpy might offend others.

Emotions



# Invincible Overcontroller Mode



Strives to achieve a sense of omnipotence based on moral or physical superiority.

- Views vulnerability as weakness.
- Seeks autonomy and avoids dependency.
- Attempts to overcome emotional and physical needs. In eating disorders, surviving each day with a low body weight promotes a sense of invulnerability.
- May be rewarded with a sense of freedom and fun, and a “manic” energy.

Overcompensate



# Anger



- **Situational triggers for anger:** Obstacles to a goal; a threat to or loss of power, respect, or status; a threat to the safety of you or someone you care about; something going wrong; pain (physical or emotional).
- **Cognitive triggers for anger:** Believing you are right; thinking the situation is wrong or unfair; thinking things should be different; thinking your efforts are being stopped or thwarted; blame; rumination.
- **What anger feels like:** Hot; explosive; clenched muscles, teeth, and hands; expansive; the urge to hit or throw things; wanting to hurt someone or cause damage.
- **Expressions of anger:** Physical or verbal attacks; expansive body language, e.g. puffed out chest; clenched fists; frowning; baring teeth; crying; flushed face; stamping, banging, or slamming; shouting or screaming; sarcasm; quiet, threatening tone; swearing; complaining or criticising; withdrawing and not engaging with others; abrupt, explosive movements or slow, deliberate ones; intense eye contact or none at all.
- **Effects of anger on self:** Focusing only on this situation or things that have angered you in the past; imagining more things happening to anger you further; dissociation/numbness/depersonalisation.

Emotions

