

# ANGER: DEALING WITH DIFFICULT EMOTIONS

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# LET'S TALK ABOUT ANGER

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- Society and anger
  - Myths we have
- Anger and cancer: this is a natural part of the experience
- Functions of anger

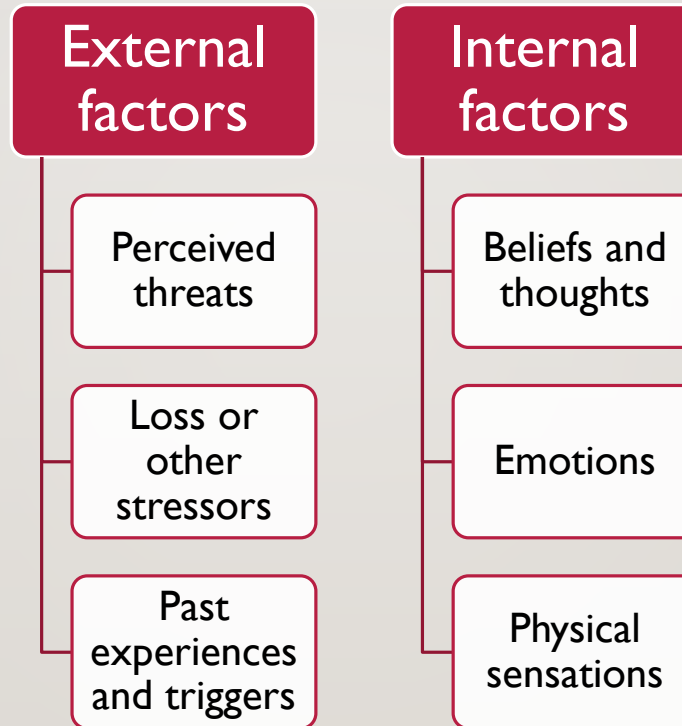


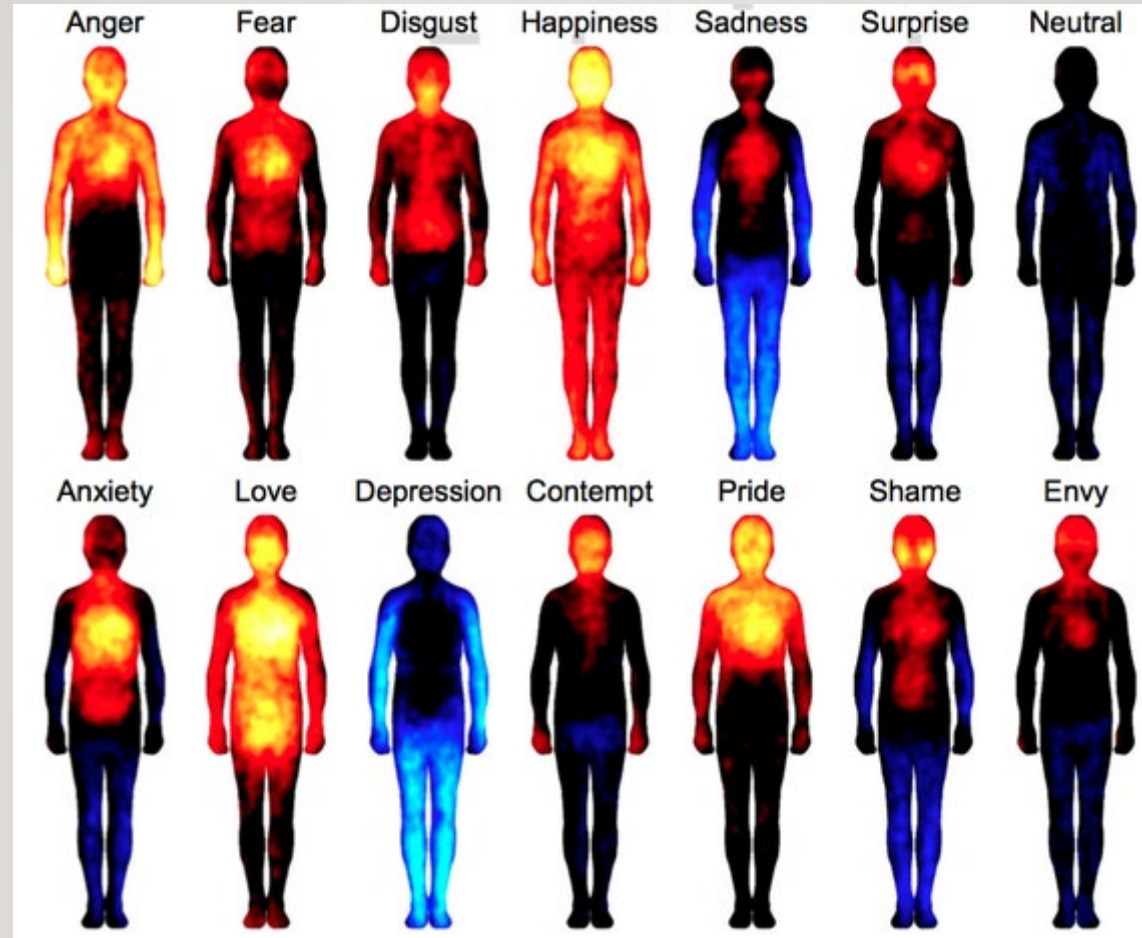
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# SOURCES OF ANGER

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# BELIEFS ABOUT ANGER

## WITH MIXED SEEDS OF TRUTH AND CHALLENGES

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- My anger controls me
- I deserve better than this
- I go from calm to angry in seconds
- Anger=aggression
- I shouldn't be so angry
- My anger scares me
- My anger can't be predicted
- My anger can't be controlled
- My anger protects me
- Nothing calms me down
- (Carlson, 2017)



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# TOOLS FOR YOUR TOOLBOX

## WORKING WITH THE BODY TO RELAX

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- Physically moving around- walk or intense exercise
- Stretching or stress relaxation poses
- Progressive muscle relaxation
- Deep breathing
- Using intense temperature
- Soothing with the senses
- (Pederson, 2017) (Carlson, 2017)



# TOOLS FOR YOUR TOOLBOX

## WORKING WITH THE MIND TO RELAX

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- Imagery
- Taking breaks
- Balancing distraction and mindfulness
- Warm and encouraging self talk
- Judgment and non judgment
- (Pederson, 2017) (Carlson, 2017)

# MORE TOOLS FOR YOUR TOOLBOX

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- Validation = acknowledging an experience
  - Of self and others
- Check the facts: Does my anger fit the situation? What am I really angry about?
- Check my beliefs: Is there an anger myth I am getting caught up in?
- Check my emotions: What am I really feeling? (Remember the iceberg)
- Check my body: What does my body need right now?
- Check my needs: what is my anger telling me I need?
  - Example: Do I need a break? Someone to listen while I vent? To process my emotions? To ask for something I need? Self compassion to cope with my suffering?

# ASSERTIVE COMMUNICATION

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- Validation of the other person's experience
  - Is NOT the same as agreeing or approving of their experience
- Assertive communication recipe: a DBT skill
  - Describe- state the facts
  - Express- my thoughts or feelings
  - Assert- ask for what I need
  - Reward –say what's in it for the other person, or thank them
  - Mindful –keep my goal in mind
  - Appear confident –posture, eye contact, tone, etc
  - Negotiate –as needed
  - (Pederson, 2017)

# ANGER AND FINDING MEANING

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- Common questions: Why me? What did I do to deserve this? And others
- Types of pain and meaning:
  - Physical, social, psychological, spiritual
- Looking for today's meaning
- The irony is that we only can define our own meaning
- Balancing acceptance and change
- (Carlson, 2017)

# SELF COMPASSION PRACTICES

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- Warm, connected presence with my emotions
- Reminding myself I am not alone
- Using kind warm vocabulary with myself
- “This is a moment of suffering. Suffering is a part of life. May I be kind to myself in this moment.” (Neff, 2011).
- Self compassion poses
- The Just Like Me exercise
- Multiple intelligences and strengths exercise
- Neff (2011) and Gray (2017)

# REFERENCES

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- Carlson, M. (2017). *CBT for Psychological Well-Being in Cancer*. Hoboken, NJ: John Wiley & Sons.
- Gray, L. (2017). *Self-Compassion Practices for Teens*. Eau Claire, WI: PESI Publishing & Media.
- Neff, K. (2011). *Self-Compassion*. New York, NY: HarperCollins Publishers.
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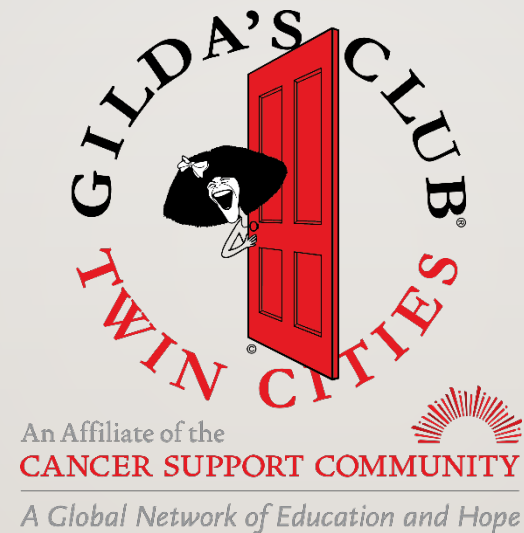
# QUESTIONS?

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- Thank you for listening and participating!

# THANK YOU FOR VISITING

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