

Anger and Relationships

An Anger Alternative White Paper based upon the Medol Model[®] principles of managing anger and anger-related behaviors.



Is there anger in your relationship? Are you in a relationship with someone with an anger problem?

Love shouldn't be a burden. Relationships can feel like an obligation or a trap if either you or another has an anger problem. If you are in such a relationship, it is likely you also have an anger problem.

Misdirected anger can undermine, disrupt and damage family, social and professional relationships. Behavior that is abusive, destructive, controlling and manipulative is anger being acted out. Aggressive, passive, passive-aggressive, and many kinds of depressive anger behaviors can be huge problems and contribute major stress, disruption and dysfunction in a relationship.

All behavior is learned, and what is learned can be unlearned. Regardless of how you were taught to react when you are angry, you can learn how to recognize and change aggressive and passive behaviors. You can learn to respond to difficult situations in different and healthy ways.

Anger Alternatives is an educational training program. We teach tools to recognize feelings of anger, and tools to respond to anger constructively and appropriately without shame or fear.

With these tools you can learn to:

- control reactionary behavior
- recognize and control the sources of anger
- separate anger feelings from behavior
- honor your needs and wants and those of others
- set limits and boundaries
- identify what it is you want in relationship and in your life
- give and receive love without aggression, criticism, guilt or shame

Individuals, couples and families can learn to manage destructive anger related behaviors and build and maintain respect-based relationships.

If you or someone you love have a history of abuse or domestic violence:

- This does not mean you have to continue the cycle. People can change.
- You can learn new behaviors and skills that are not aggressive and are non-violent.
- You can learn to stop being passive and move past being indecisive.
- You can learn to manage anger and shame and learn to control situational depression.
- You can learn skills that can become a source of personal power and pride in your life.