

Myths About Anger

It's okay to feel angry

Anger is a waste of time and energy

Good, nice people don't feel angry

We shouldn't feel angry when we do

We'll lose control and go crazy if we get angry

People will go away if we get angry at them

Other people should never feel anger towards us

If others get angry at us, we must have done something wrong

If we feel angry, someone else made us feel that way and we're responsible for fixing their feelings

If other people are angry at us, we made them feel that way and we're responsible for fixing their feelings

If we feel angry at someone, the relationship is over and that person has to go away

If we feel angry at someone, we should punish that person for making us feel angry

If we feel angry at someone, that person has to change what he or she is doing so that we don't feel angry anymore

If we feel angry, we have to hit someone or break something

If we feel angry, we have to shout and holler

If we feel angry at someone, it means we don't love that person anymore

If someone is angry with us, that means that person doesn't love us anymore

Anger is a sinful emotion

It's okay to feel angry only when we can justify our feelings

**Adapted from: Drews, Toby Rice. Getting Them Sober.
Rosellini and Worden. Of Course You're Angry**