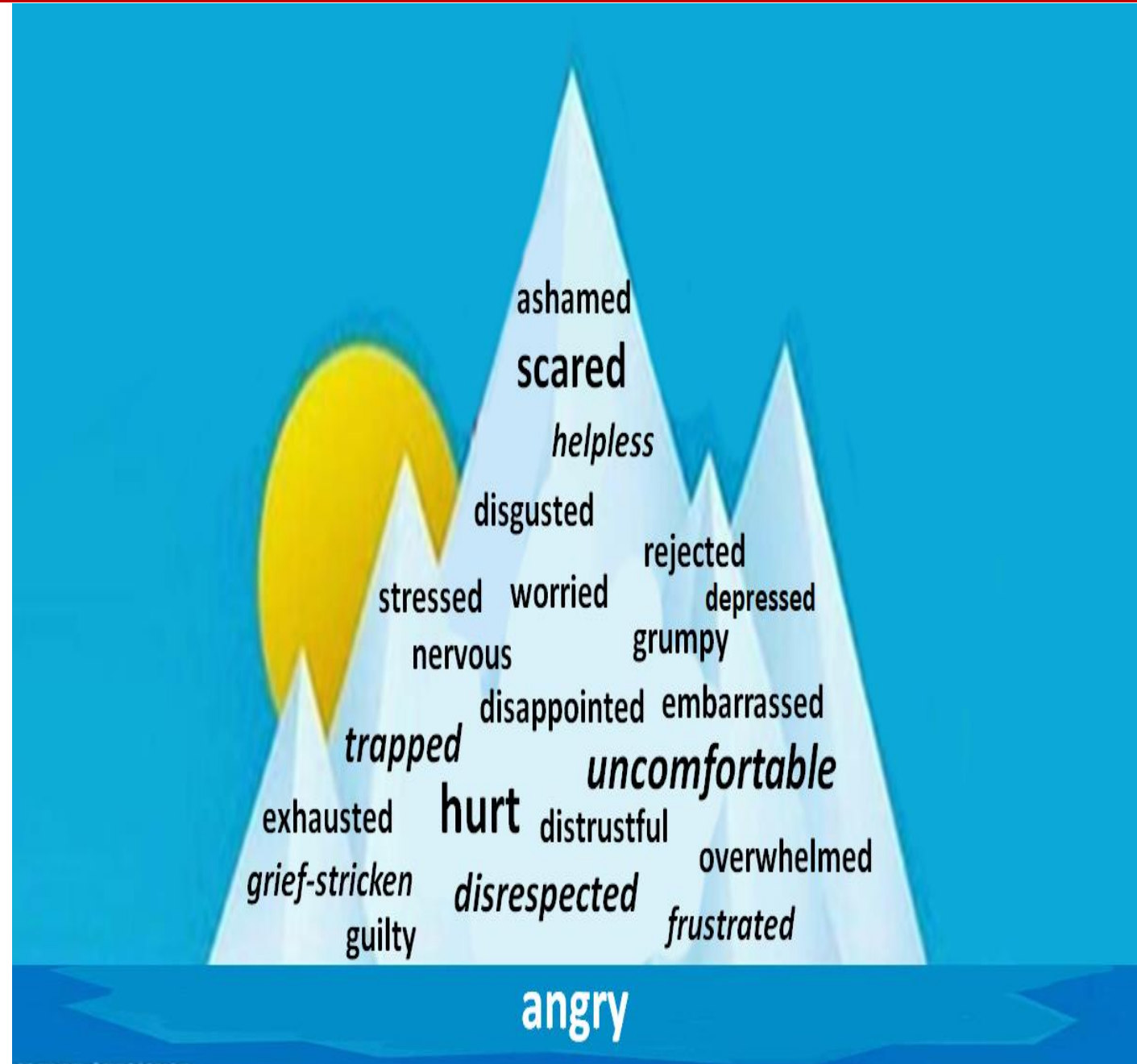

USING THE “ROLES PLAYED IN ANGER” CARDS



HELPING CLIENTS EXPLORE THEIR ANGER

Clients who:

- are frightened by any expression of anger, mild or aggressive
- believe anger is all bad... so if they are angry, *they* are bad
- are confused about what anger actually is
- don't see their own anger, nor do they recognise it in others around them
- use anger as a weapon to push people away eg silence or rage
- find it hard to say 'I'm angry'...





ANGER IS ENERGY

**ENERGY CANNOT BE
DESTROYED**

**IT CAN ONLY BE
TRANSFORMED**





Sarah uses the “Roles
Played in Anger” cards :
Me and my Anger
Part 1

Pause for Reflection





Sarah uses the “Roles
Played in Anger” cards :
Me and my Anger
Part 2

Buddy Group Discussions

- How easy do you find it to talk about being angry?
- What happens inside you when you sense your client needs to work on releasing their anger?
- Share your thoughts and discuss how Pauline worked with Sarah.

10 minutes – divide the time between you all





5
MINUTES

Blocked Anger and the Body

Some of the more common ways that anger shows up in the body include:

- Chest tightness
- Muscle soreness
- Fatigue
- Increased heartbeat
- Upset stomach
- Dizziness
- Headache or migraine
- Weak limbs
- Increased blood pressure
- Muscle tension



<https://www.choosingtherapy.com/repressed-anger/>

A composite image featuring a person in the foreground with their hands covering their ears, suggesting a desire to avoid or block out a sound or situation. The background is a dramatic scene of a nuclear explosion, with a large, bright orange and yellow fireball rising from the ground, surrounded by a cloud of white smoke and debris. The sky is a pale blue, and a small, distant structure is visible on the horizon. The overall mood is one of intense emotion and the overwhelming power of the explosion.

**“Anger is a good friend
but a bad master”
*Julia Cameron***

Anger in the Family





Hannah uses the
“Roles Played in
Anger” cards :

*Family dynamics
Part 1*

options card

ASSERTIVE



I will set boundaries as to how others may treat me

options card

FIND MY VOICE



I will be heard, it is ok to disagree

options card

SPEAK THE TRUTH



I will not spread hearsay, half-truths and lies

options card

IDENTIFY THE HURT



My anger tells me I have been wronged

options card


PROTECT MYSELF



I will stand up to abusive people

options card

FORGIVENESS



I will show compassion and understanding towards others

options card


SELF-FORGIVENESS



I will show compassion and understanding towards myself

options card


OBSERVE



I will seek to be curious about, and not overwhelmed by, my feelings

options card

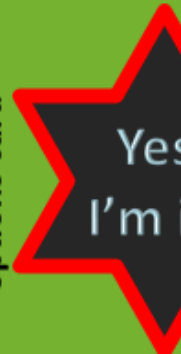
CALM



I will not explode with anger and frustration, people are not my enemy

options card

COMMITMENT



I will not waffle and regret

options card


COURAGE



I will face my fears, risk confrontation

options card

SELF-CONTROL



I will stop everything and think

options card


DISPLACEMENT



I will stop taking out my anger on others who are not the cause

options card


TIME OUT



I will remove myself from a hostile situation to gain perspective

options card

WORK THROUGH



I will work to find ways to resolve conflict

options card

PERSPECTIVE



I will try to respect and understand your point of view



Hannah uses the
“Roles Played in
Anger” cards :

*Family dynamics
Part 2*

Buddy Group Discussions

- How was anger expressed in your family?
- Which anger cards do you identify with most closely?
- Share your thoughts on and discuss how Pauline worked with Hannah

10 minutes – divide the time between you all





5
MINUTES



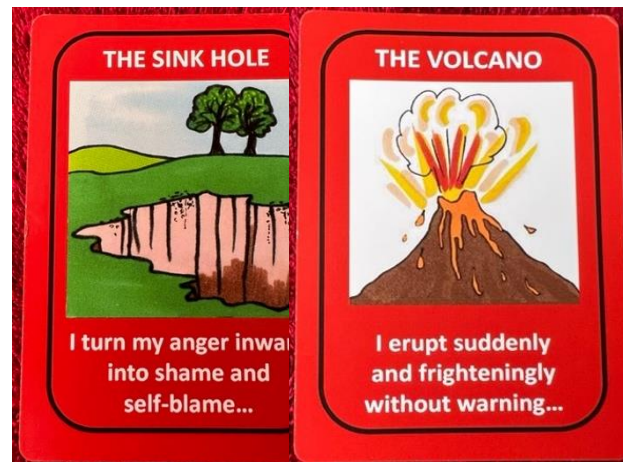
Any
comments or
questions?

ANGER IS AN ATTACHMENT ISSUE

AVOIDANT ATTACHMENT



AMBIVALENT ATTACHMENT



WHERE DO WE GO FROM HERE?



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COMING UP!

03
DEC



Online Event

Making the Most of Supervision (for Counsellors and Supervisors)
Sat Dec 3

Price Starts from: £10.00

December 3, 2022
9:30 am - 1:00 pm

13
DEC



Online Event

Free Course: Introducing the new Roles Played in Groups cards
Tues Dec 13

Price: Free

December 13, 2022
9:30 am - 11:30 am

Coming Soon:
The 2023 programme, including residential courses and our annual conference!

Please send us
your feedback!



Thank you

Contact us:
info@deeprelease.org.uk

deeprelease.org.uk

pact-resources.co.uk

