

The Anger Play (Managing Anger)

Now that you better understand the situations and underlying primary emotions that cause you to get angry, you can begin the process of dealing with anger more effectively if you both are willing to do one or more of the following:

1. Agree not to attack each other; address the root cause of the anger.
2. Admit and own the anger; get in touch with your primary emotion.
3. Evaluate what you need. What is your primary emotion telling you?
4. Communicate clearly. Use “I” statements and time-outs if needed.
5. Ask for help (It is hard to be mad at someone who really is asking for help).
6. Actively listen to understand your teammate’s point of view.
7. Negotiate. Ask what you can do to correct the situation. Be willing to collaborate and create potential solutions that can meet both of your needs.
8. Identify and agree on specific actions to take.

An Anger “Play”

1. Is an agreement that spells out clearly what each teammate intends to do.
2. Should be easy to carry out.
3. **SHOULD ALWAYS BE RENEGOTIATED** if it is not working. Non –working plays create frustration; effective teams learn from their mistakes and create new plays that work.

New Anger Play

Husband	Wife
Ask your spouse, ”What would you like me to do when I get angry with you?” Then complete, when I get angry with you I will . . .	
Ask your spouse, ”What would you like me to do when you get angry with me?” Then complete, when I see you getting angry with me I will . . .	