

  
**aggressive                      assertive                      passive**

**aggressive** is shouting giving abuse and dis-ing people. it's not the way forward

**passive** is like being quiet and shy not saying how you feel

**assertive** is the way it means saying what you mean not getting angry being in control

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**EXAMPLES of AGGRESSIVE**

**'You are doing my head in...'  
'Get lost you muppet...'**

**EXAMPLES of ASSERTIVE**

**'I understand you but...'  
'I don't like your attitude'**

**EXAMPLES of PASSIVE**

**'Uh, OK then'  
'Whatever you say'**

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**TOP FIVE ANGER TIPS   TOP FIVE ANGER TIPS   TOP FIVE ANGER TIPS**

**< 1 >   what makes you angry? try to avoid these things / times if you can**

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**< 2 >   think about ways you can deal with anger**

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**< 3 >   sometimes what seems a big thing is not at all - get away and chill**

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**< 4 >   find ways to relax and get out your aggression - like sport etc.**

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**< 5 >   say things to people using the word 'I' rather than accusing by saying 'you'**

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# THE ANGER FILES

## PUTTING THE IDEAS INTO PRACTICE

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### 1 - THINK OF WHAT YOU COULD SAY LESS STRESSY THAN THESE STATEMENTS ..

**- You are doing my head in. You keep going on at me. .**

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**- Yeah, are you starting ? Why don't you get out of my face?**

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**- You're the one who started it. You always start arguments. .**

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**- What? It wasn't me? You're always saying it's me you !\*@?\*\*\*!**

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### 2 - THINK ABOUT THINGS YOU CAN DO WHEN YOU GET ANGRY ..

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