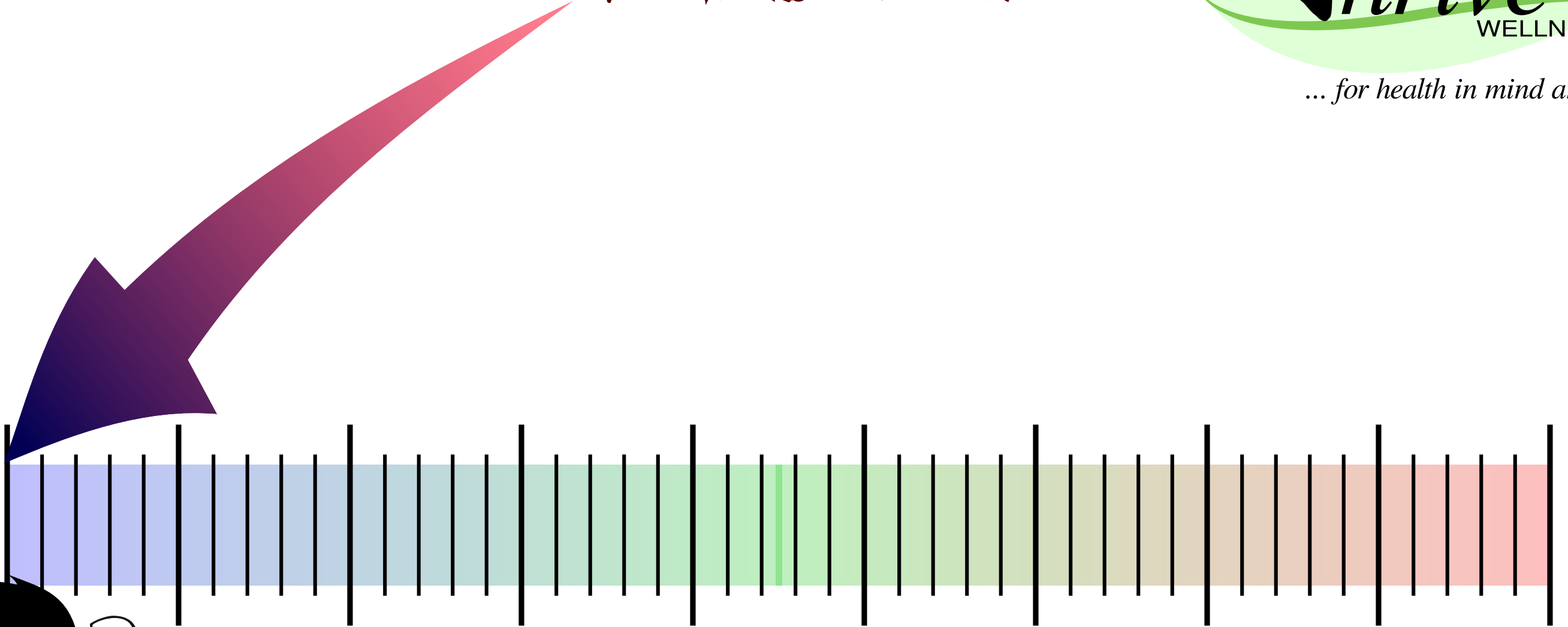


ANGER

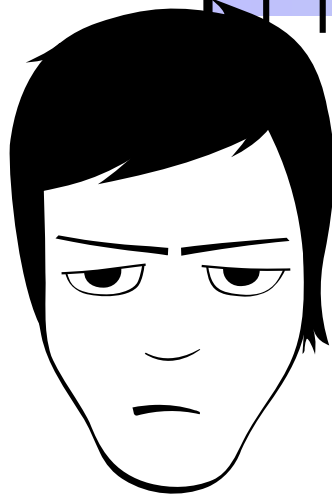


... for health in mind and body

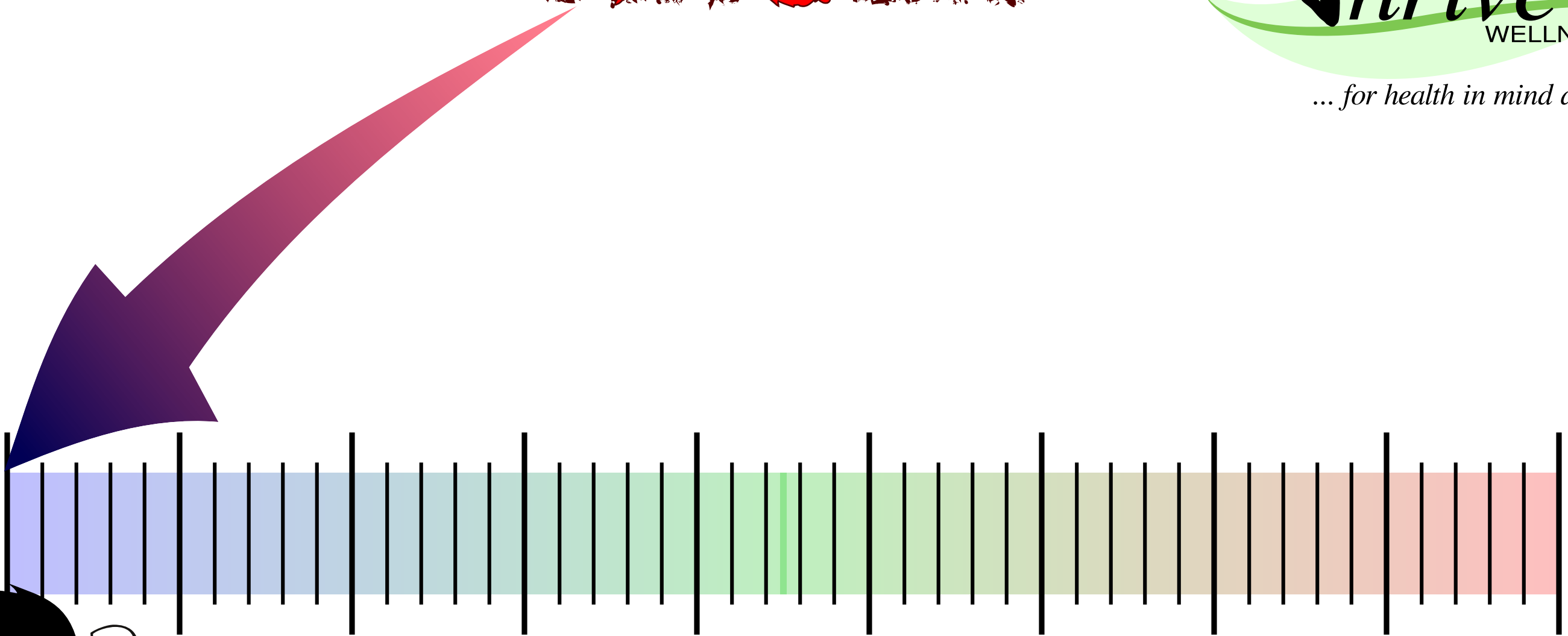
ANGER



Passive



ANGER



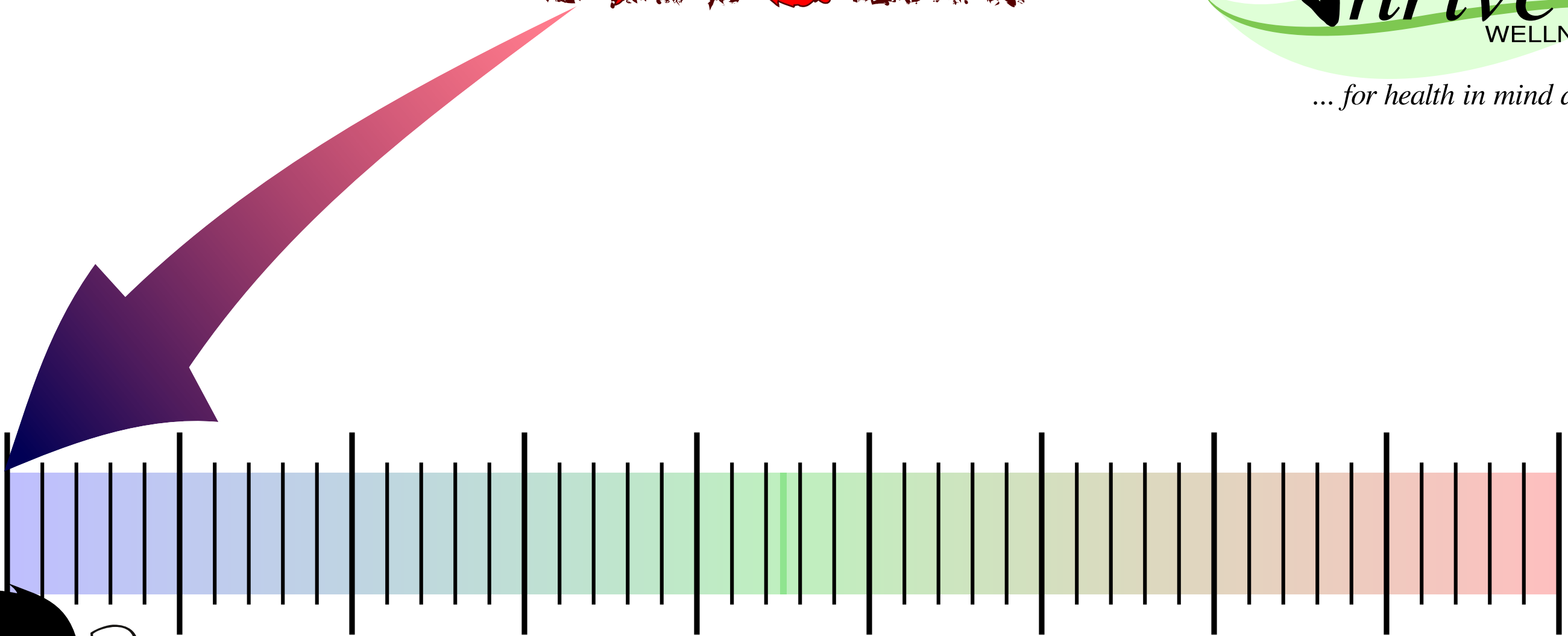
Passive

Attitude

Ignoring your own needs
Meeting the needs of others



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Passive

Attitude

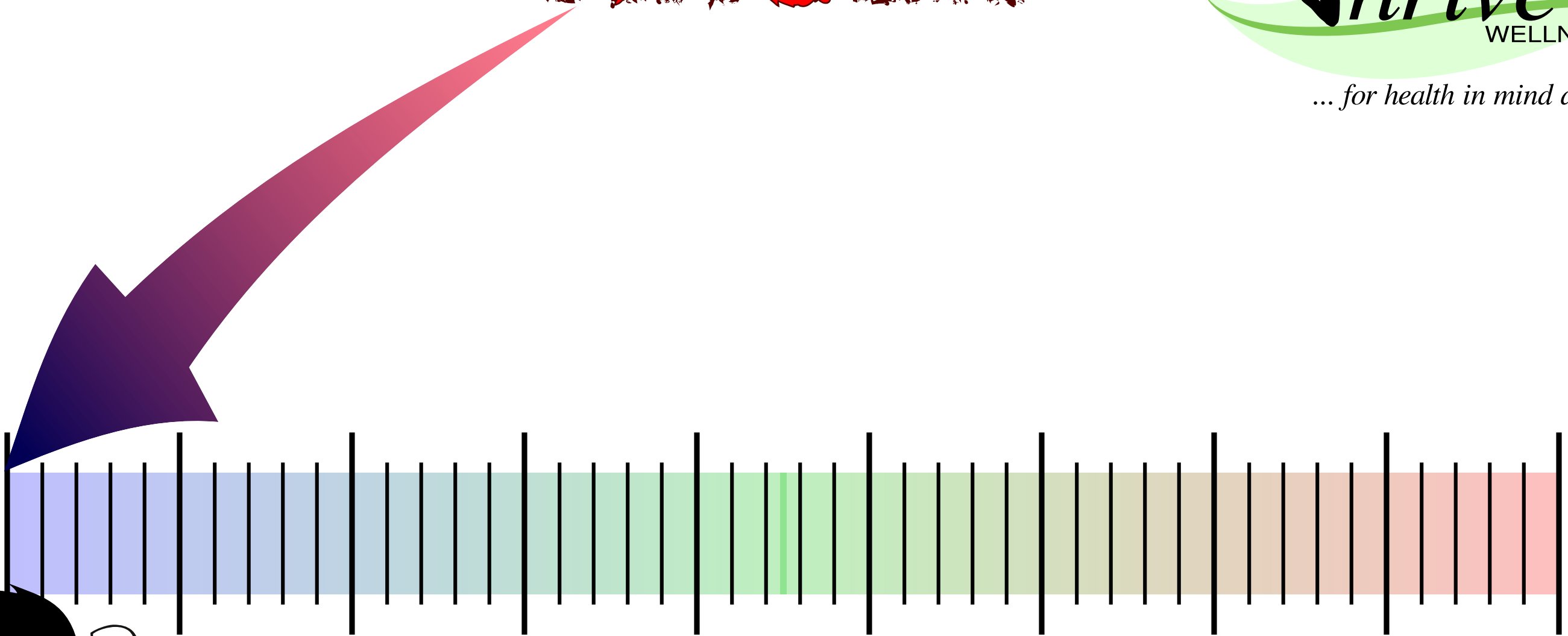
Ignoring your own needs
Meeting the needs of others

Behaviour

Quiet
Submissive
"Sulking"
Silent treatment



ANGER



Passive



Attitude

Ignoring your own needs
Meeting the needs of others

Behaviour

Quiet
Submissive
"Sulking"
Silent treatment

Consequences

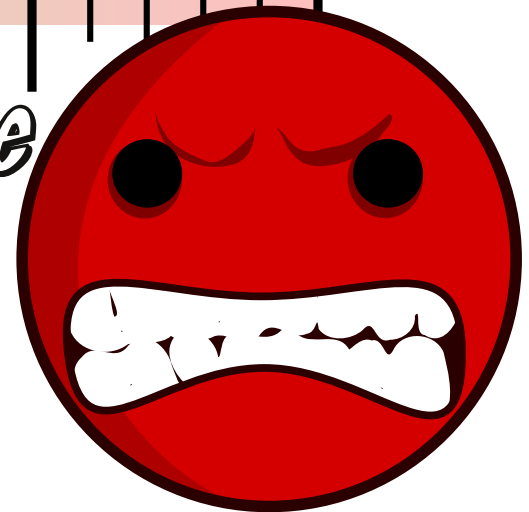
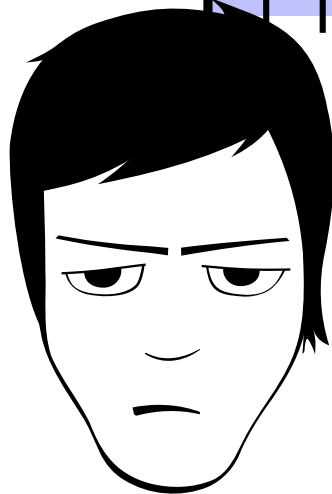
Resentful
"Bottled up" emotions

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Passive

Aggressive

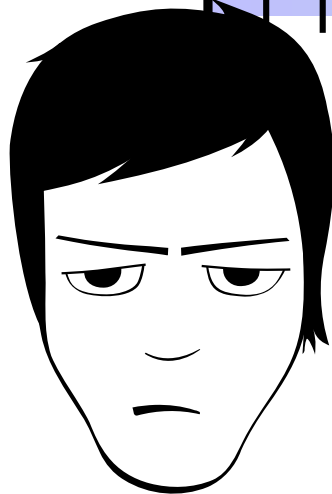


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Passive

Aggressive



Attitude
Meeting your own needs
Ignoring the needs of others

ANGER

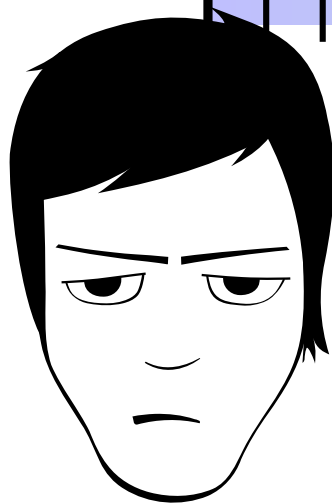


... for health in mind and body



Passive

Aggressive



Attitude

Meeting your own needs
Ignoring the needs of others

Behaviour

Shouting
Threatening
Rage
Hitting, throwing or breaking things
Violence to people

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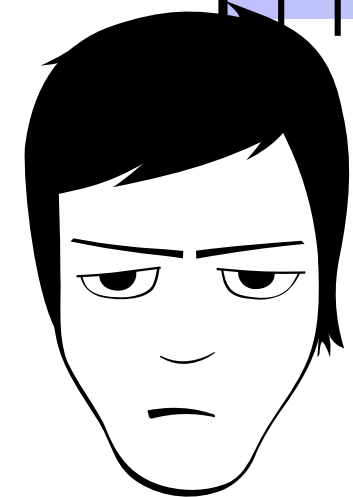


... for health in mind and body



Passive

Aggressive



Attitude

Meeting your own needs
Ignoring the needs of others

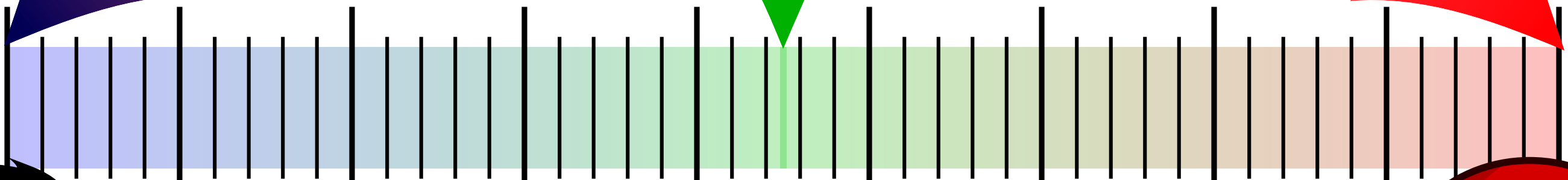
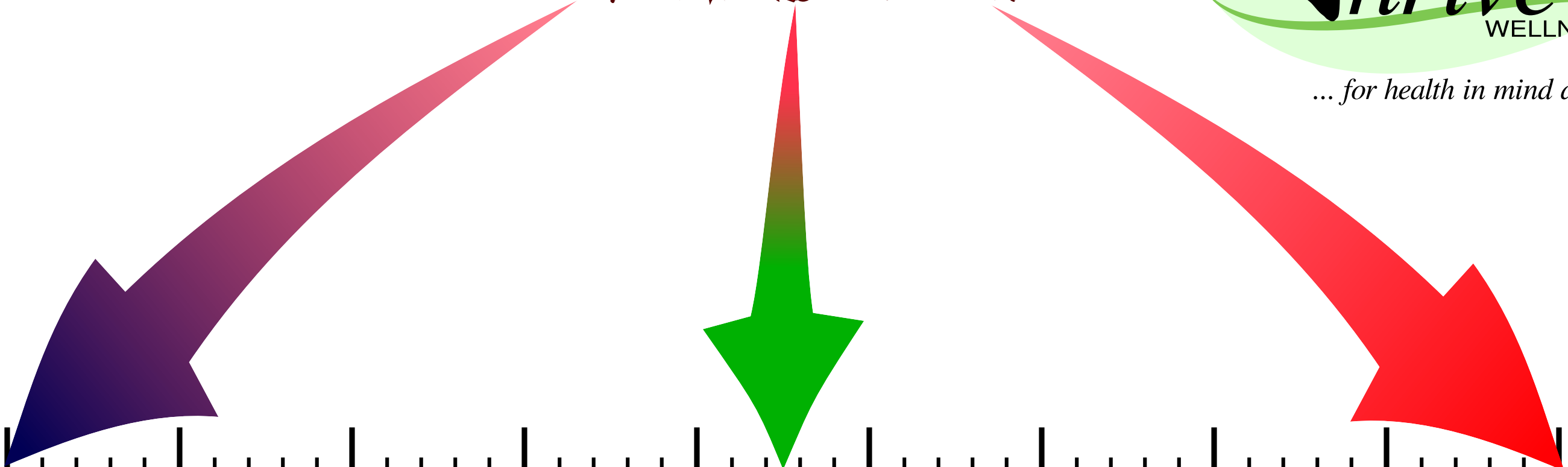
Behaviour

Shouting
Threatening
Rage
Hitting, throwing or breaking things
Violence to people

Consequences

Scare others
Hurt others
Destroy relationships
Injury to self
Police involvement

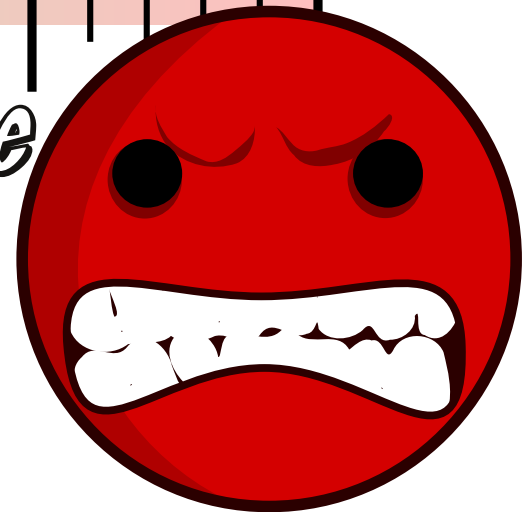
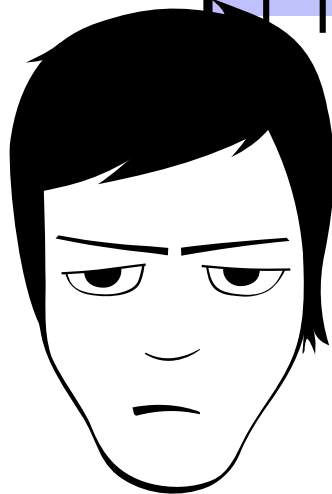
ANGER



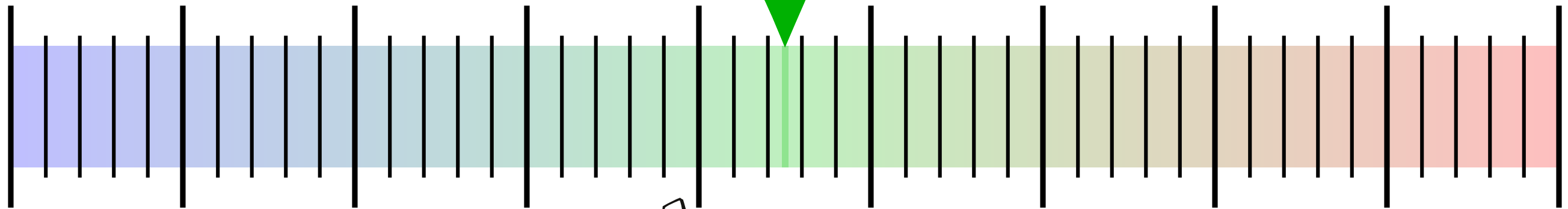
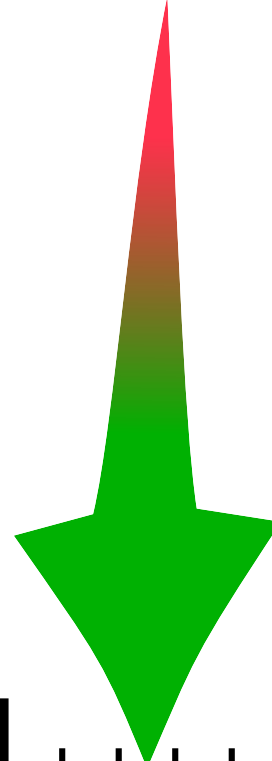
Passive

Assertive

Aggressive



ANGER

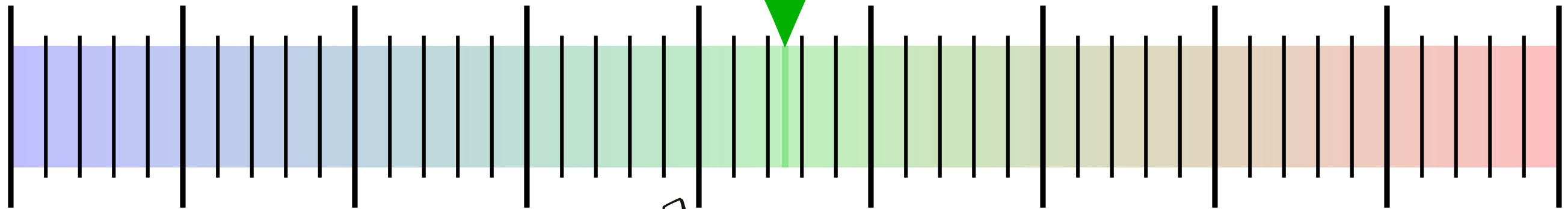
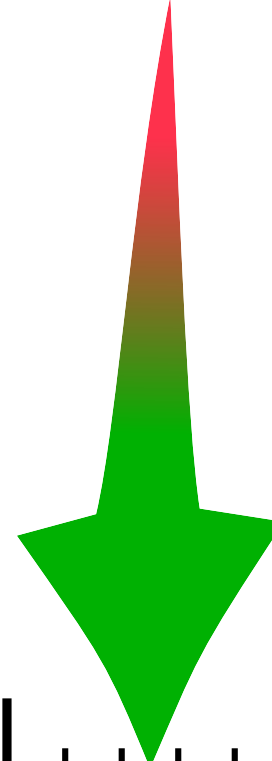


Assertive

Attitude

Respecting your own needs
Respecting the needs of others

ANGER



Assertive

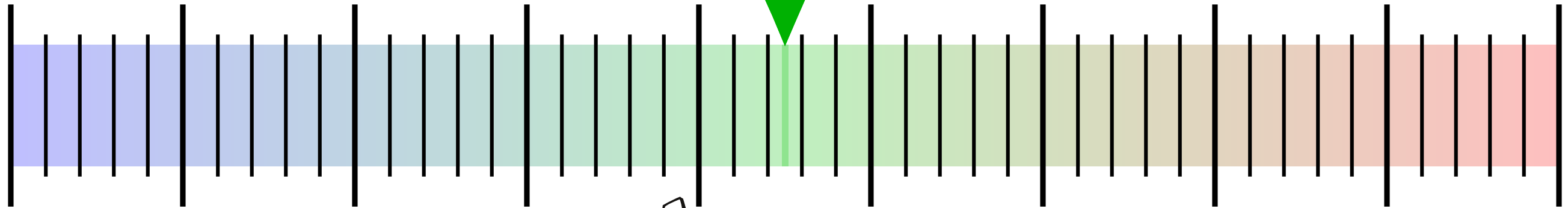
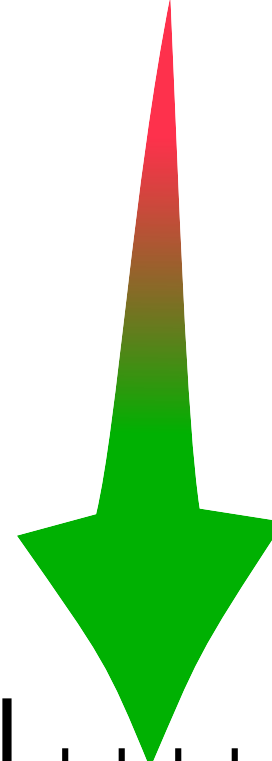
Attitude

Respecting your own needs
Respecting the needs of others

Behaviour

Talking
Listening
Calm but firm

ANGER



Assertive

Attitude

Respecting your own needs
Respecting the needs of others

Behaviour

Talking
Listening
Calm but firm

Consequences

More likely to feel heard and respected
More likely to have good outcomes for both sides
Preserve relationships
Solve problems