

Index

• A •

- absenteeism, 38, 40
- abstinence, 203
- abuse, 327
- acceptance
 - disgruntled employees, 277
 - road rage, 337
 - social support, 219–220
 - steps to forgiveness, 178–180
- action plan, 196–197
- active living, 195–196
- addiction, 189, 202
- adolescent
 - anger cycle, 158
 - anger effects, 36, 42
 - anger responses, 88
 - causes of anger, 326–327
 - constructive anger, 156
 - decision making, 295
 - early parenting efforts, 322
 - emotional coaching, 319–322
 - emotional labels, 325–326
 - fight-or-flight response, 328–329
 - forgiveness, 178
 - I statements, 325
 - importance of role models, 323–325
 - intimate partner violence, 303
 - last word, 57–58
 - listening tips, 289, 290
 - need for confession, 120
 - parent-child anger, 305
 - perspectives, 97
 - problem solving, 327–328
 - role models, 289–291
 - sibling anger, 306
 - sleep benefits, 228
 - sleep requirements, 230
 - spoiled, 329
 - teachable moments, 322–323
 - toxic anger risk factors, 23–24
 - victim of loving-but-angry relationship, 310–316
 - video games, 295
 - walking-away technique, 56
- adrenaline, 82, 145
- African-American men, 118, 166
- age
 - anger myths, 12
 - antidepressant effects, 263
 - difficulties letting go, 166
 - emotional maturity, 113
 - forgiveness, 178
 - keeping cool, 90
 - lack of life balance, 220
 - temperament, 209
 - toxic anger risk factors, 23–24
 - wasted energy, 342
- aggression
 - versus anger, 19
 - candy technique, 64
 - children's anger, 328
 - counterproductive work behavior, 274
 - difficulties letting go, 167
 - drinking rules, 208
 - response options, 86
 - toxic anger risk factors, 25, 26
 - video games, 295
 - walking-away technique, 57
 - work behaviors, 275
- agitated depression, 27
- alcohol
 - health effects, 34–35
 - impulsivity, 208
 - intake diary, 204–205
 - intake guidelines, 203, 207–209
 - overview, 34
 - physical effects, 200–201
 - sleep improvements, 235
 - Type A personality, 204
- alexithymia, 13–14
- anger. *See also specific types*
 - benefits, 12, 145–147
 - cause, 18, 84–85, 326–327
 - definition, 18–19
 - facilitator, 312–314
 - factors, 54–55
 - focus, 71, 84
 - myths, 11–12
 - overview, 11
 - purpose, 12, 344
 - self-evaluation, 19–23, 80–81
 - sensitivity, 253
 - typical progression, 51–52
 - vengeful, 149, 157

- anger, constructive
 - anger cycle, 158
 - anger motives, 148–150
 - components, 151
 - frequency, 149
 - health effects, 158
 - overview, 149
 - self-understanding, 150–151
 - steps, 151–157
 - versus vengeful anger, 149
 - anger effects
 - death, 31–32
 - family, 46–48
 - fatigue, 32–33
 - marriage, 45–46
 - physical health, 33–41, 158
 - workplace, 41–45
 - anger, expressing. *See also specific actions*
 - civil people, 108–110
 - consequences, 13
 - Freud's view, 67
 - issues versus emotions, 110–111
 - loving-but-angry relationship fixes, 307–316
 - myths, 12
 - overview, 67
 - political correctness, 105
 - positive versus negative, 144
 - resistance, 162–163
 - road rage, 39
 - steps, 151–157
 - talking versus hitting, 67–69
 - Type A personality, 109
 - unhealthy choices, 46
 - work tips, 285–286
 - anger journal
 - benefits, 116
 - diary versus journal, 120–121
 - disgruntled employees, 277
 - example, 115
 - method, 121–128
 - reaction to layoffs, 44
 - sleep environment, 239
 - smoking cessation, 206
 - Anger Kills* (Williams and Williams), 31, 260
 - anger management. *See also specific strategies*
 - focus, 13
 - freeing thoughts, 339–345
 - jar, 89
 - stages, 2
 - anger response
 - anger analysis, 84–85
 - calming techniques, 82–83
 - non-response, 109
 - options, 85–88
 - patience, 81
 - versus reaction, 76–80
 - reward, 89
 - self-evaluation, 80–81
 - angerholic, 79–80
 - angry drinker, 35
 - annoyance
 - frequency, 20
 - overview, 53
 - response, 53–54
 - anonymity, 126
 - antidepressant drug
 - common mistakes, 262–263
 - overview, 261–262
 - side effects, 263
 - skepticism, 251–252
 - sleep improvements, 239
 - versus tranquilizer, 55
 - apology, 109–110, 283
 - appraisal support, 15
 - art, 140
 - assertive behavior
 - loving-but-angry relationship, 316
 - overview, 104
 - response to rudeness, 168
 - workplace tips, 285–286
 - attention, 214
 - attitude
 - childhood, 94
 - link to mood, 254
 - unexpressed anger, 107
 - audience, for confession, 121–122
 - authoritative style, 292–293, 294
 - autocratic style, 293
 - autonomy, 292
 - avoidance, 197, 274
- **B** •
- baby, 145
 - back pain
 - chronic stress, 190
 - suppressed anger, 106, 163
 - uplifts, 213
 - background noise, 237
 - balanced life
 - counterbalanced stress, 211–214
 - flow, 216–218
 - healthy pleasures, 214–215, 221
 - heart attacks, 224
 - overview, 211
 - priorities, 223–225
 - reason for lack of balance, 220–223
 - social ties, 218–220
 - toxic anger risk factors, 30
 - Type A personality, 133, 221

- bedroom use, 237–238
 - behavior, assertive
 - loving-but-angry relationship, 316
 - overview, 104
 - response to rudeness, 168
 - workplace tips, 285–286
 - behavioral medicine, 116
 - benefit-finding, 255–256
 - Bible (holy text), 167, 245
 - birthday, 282, 283
 - bitchy behavior, 110
 - blame
 - human nature, 175
 - response to annoyance, 53
 - stress management, 197
 - toxic anger risk factors, 28, 29
 - blessings, 244–245, 248
 - blind rage
 - distraction, 59
 - focus of anger, 71
 - overview, 95
 - blood pressure
 - African-American men, 166
 - constructive anger, 158
 - dissatisfaction, 107, 108
 - effects of high blood pressure, 36
 - reflective coping, 112
 - suppressed anger, 117
 - Bodian, Stephan (*Meditation For Dummies*), 134
 - book club, 140
 - boredom, 187
 - boundary setting, 308–309
 - breast cancer, 256
 - breathing, 72, 82
 - bullying, 147, 148, 306
 - burnout, 191–193
- C •
- caffeine
 - acceptable intake levels, 202–203
 - controlled intake, 207
 - impulsivity, 208
 - intake diary, 204–205
 - physical effects, 200–201
 - sleep improvements, 234–235
 - calm, keeping
 - age, 90
 - anger assessment, 80–81
 - critical questions, 84–85
 - family conflicts, 290
 - options, 85–88
 - overview, 75
 - patience, 80
 - physical body, 82–83
 - responding versus reacting, 76–80
 - reward, 89
 - candy, 64, 206
 - catastrophic stress, 28, 190
 - catharsis, 66, 67
 - causal connection, 124–125
 - cellphone, 236
 - change
 - versus habit, 14
 - loving-but-angry relationships, 310–311
 - signs of success, 16
 - support system, 14–15
 - charisma, 109, 119
 - child logic, 178
 - children
 - aggressive responses, 328
 - alexithymics, 14
 - anger cycle, 158
 - anger effects, 46–48
 - anger response versus reaction, 78
 - causes of anger, 326–327
 - constructive anger, 156
 - death, 63
 - difficulties letting go, 166
 - early parenting efforts, 322
 - emotional coaching, 319–322
 - emotional labels, 325–326
 - emotional maturity, 113
 - fight-or-flight response, 328–329
 - forgiveness, 178
 - I statements, 325
 - importance of role models, 323–325
 - need for confession, 120
 - parent-child anger, 305
 - parenting styles, 292–296
 - parents' rants, 72
 - perspectives, 97
 - problem solving, 327–328
 - role models, 289–291
 - self-centered employees, 279
 - sibling anger, 306
 - sleep benefits, 228
 - sleep requirements, 230
 - spoiled, 329
 - teachable moments, 322–323
 - Type A competition, 134
 - victim of loving-but-angry relationship, 310–316
 - video games, 295
 - choice
 - constructive anger, 151
 - hardiness, 194–195
 - keeping cool, 86
 - cholesterol level, 36–37

- chronic anger, 22, 32–33
 - chronic irritation, 22
 - chronic rage, 22
 - chronic stress, 28, 189–190
 - cigarette smoking
 - cessation, 206
 - health effects, 34
 - impulsivity, 208
 - letting-go tips, 170
 - parents' drug use, 200
 - sleep improvements, 235–236
 - tracking tips, 204–205
 - city culture, 141
 - civility
 - anger expression, 108–110
 - work environment, 283–285
 - cognitive restructuring, 310–312
 - cognitive therapy, 263
 - communication
 - anger benefits, 146
 - civil people, 108–110
 - constructive anger, 151–157
 - difficulties letting go, 167
 - feeling-cause language, 110–111
 - flow, 218
 - greetings, 248, 283
 - loving-but-angry relationship fixes, 309
 - methods of expressing anger, 67–73
 - overview, 65
 - stress carriers, 185, 186
 - toxic anger risk factors, 27
 - Type A personality focus, 130–131, 135–136
 - versus venting, 66
 - workplace assertiveness, 285–286
 - compassion, 245–246
 - competition, 134–135
 - compulsiveness, 25
 - confession
 - example, 115–116
 - groups in need of, 117–120
 - journaling technique, 121–128
 - purpose, 116–117
 - confidence, 147
 - conflict resolution, 157
 - consequence
 - constructive anger, 151–152
 - response options, 86–87
 - constructive anger
 - anger cycle, 158
 - anger motives, 148–150
 - components, 151
 - frequency, 149
 - health effects, 158
 - overview, 149
 - self-understanding, 150–151
 - steps, 151–157
 - versus vengeful anger, 149
 - contagion effect, 254–255
 - contempt, 99, 176
 - control stress, 190
 - cool, keeping
 - age, 90
 - anger assessment, 80–81
 - family conflicts, 290
 - overview, 75
 - responding versus reacting, 76–80
 - reward, 89
 - Coping Capacity* (Weisman), 244
 - cortisol, 184
 - counseling
 - effectiveness, 66
 - journaling response, 126
 - overview, 263
 - counterproductive work behavior
 - anger effects, 44–45
 - avoidance versus aggression, 274
 - definition, 271
 - employee types, 276–279
 - narcissists, 343
 - signs, 272–273
 - critical life events, 28
 - criticism, 284, 285
 - crying, 112, 118
 - Csikszentmihalyi, Mihaly (professor), 216
 - cumulative stress, 28, 189
 - curiosity, 140
 - cursing
 - healthy anger expression, 70–71
 - increased tolerance, 99
 - work environment, 286
 - cynicism
 - anger factors, 54
 - television, 102
 - toxic anger risk factors, 25
 - unexpressed anger, 107
- D •
- daydreaming, 61
 - death
 - effects of anger, 31–32
 - forgiveness, 179–180
 - grip, 332
 - men's grief, 63
 - pet, 266
 - re-placement therapy, 266–267
 - spouse, 191
 - debt, 222
 - decision making, 13, 295
 - defensive behavior, 99

- depression
 alcohol effects, 35, 201
 assessment, 258
 crying, 112
 difficulties letting go, 167
 drinking rules, 209
 journaling, 116
 link to anger, 259–261
 relapse, 262–263
 response to annoyance, 53
 support network, 264
 television, 101
 toxic anger risk factors, 27
 treatment, 261–267
 unexpressed anger, 107
Depression For Dummies (Smith and Elliott), 261
 designated driver, 208
 destructive behavior, 149, 152
 diary
 intake, 204–205
 versus journal, 120–121
 dinner, 296–297
 disability, 193
 disgruntled employee, 276–278
 dissatisfaction, 107, 108
 distraction, 58–63
 diversity, 99–102, 139
 divorce, 45–46
 driving
 drinking guidelines, 208
 road rage, 38–39, 331–338
 drug, antidepressant
 common mistakes, 262–263
 overview, 261–262
 side effects, 263
 skepticism, 251–252
 sleep improvements, 239
 versus tranquilizer, 55
 drug use
 acceptable levels, 202–204
 anger factors, 55
 impulsivity, 208
 intake tracking, 204–205
 legal items, 199–201
 parents' use, 200
 physical effects, 200–201
 sleep improvements, 234–236, 239
 toxic anger risk factors, 26
 dysphoric mood, 27
- **E** •
- earplug, 237
 education, 42
 ego, 278
 election, 135
 Elliott, Charles H. (*Depression For Dummies*), 261
 emotion
 boomerang effect, 340
 constructive anger, 151–152
 distractions, 59–60
 drinking rules, 209
 good versus bad, 143
 hidden, 105–108
 imagery technique, 63
 versus issues, 110–111
 journaling technique, 123–126
 layoffs, 44
 maturity, 113
 parent as coach, 319–322
 physical effects, 106, 145
 purpose, 13–14
 rationale for drinking, 34
 reflective coping, 112–113
 response options, 86–87
 emotion, expressing. *See* expressing anger
 emotional journaling
 benefits, 116
 diary versus journal, 120–121
 example, 115
 method, 121–128
 reaction to layoffs, 44
 emotional reciprocity, 309
 empathy, 118, 286
 employee types, 276–279
 empowerment, 147
 energy
 anger effects, 32–33, 145
 sleep improvements, 232
 wasted, 342
 enthusiasm, 242
 entitlement, sense of
 children, 329
 overview, 344–345
 self-centered employees, 278
 environment
 change of Type A personality, 141
 imagery technique, 61
 journaling technique, 128
 sleep improvements, 236–239
 toxic anger risk factors, 24, 27
 work, 280–285
 episodic anger, 22
 episodic irritation, 61
 episodic rage, 22
 epitaph, 132–133
 ethnic people, 166
 euphoric mood, 27
 excitability, 24, 35

- exercise
 - depression treatment, 264–266
 - disgruntled employees, 278
 - sleep improvements, 233
 - Type A personality, 265
 - exhaustion
 - anger effects, 32–33
 - anger factors, 54
 - lack of life balance, 223
 - sleep improvements, 232
 - toxic anger risk factors, 29
 - Type A personality, 234
 - expectations, 175, 293
 - expressing anger. *See also specific actions*
 - civil people, 108–110
 - consequences, 13
 - Freud's view, 67
 - issues versus emotions, 110–111
 - loving-but-angry relationship fixes, 307–316
 - myths, 12
 - overview, 67
 - political correctness, 105
 - positive versus negative, 144
 - resistance, 162–163
 - road rage, 39
 - steps, 151–157
 - talking versus hitting, 67–69
 - Type A personality, 109
 - unhealthy choices, 46
 - work tips, 285–286
- **F** ●
- facial expression, 185
 - fairness, 341–342
 - faith. *See also religion*
 - chronic pain sufferers, 242–244
 - compassion, 245–246
 - function of faith, 242–244
 - humility, 247–248
 - overview, 241
 - perspective, 248
 - positive greetings, 248
 - prayers of gratitude, 244–245
 - support system, 241–242
 - family
 - anger effects, 46–48
 - angry marriage, 303–304
 - compassion, 246
 - dance of anger, 288–289
 - dynamics, 287–288, 291–292
 - laughter, 253, 289
 - meeting, 297–298
 - old-world behaviors, 299
 - parent-child anger, 305
 - parenting style, 292–296
 - pattern changing, 291–292
 - role models, 289–291
 - sibling anger, 306
 - small changes, 296–299
 - source of hostility, 102
 - time together, 296–299
 - tips for controlling own anger, 306–309
 - Type A competition, 134
 - types of support, 15
 - victim of loving-but-angry relationship, 310–316
 - father
 - anger effects, 46–48
 - anger factors, 54
 - causes of child's anger, 326–327
 - child-parent anger, 305
 - child's perspective, 97
 - drug use, 200
 - early parenting efforts, 322
 - emotional coaching, 319–322
 - emotional labels, 325–326
 - I statements, 325
 - last word from teen, 57–58
 - rants, 72
 - role models, 289–291, 323–325
 - fatigue
 - anger effects, 32–33
 - anger factors, 54
 - lack of life balance, 223
 - sleep improvements, 232
 - toxic anger risk factors, 29
 - Type A personality, 234
 - fear, 163–164
 - feeling-cause language, 111, 113
 - feelings
 - boomerang effect, 340
 - constructive anger, 151–152
 - distractions, 59–60
 - drinking rules, 209
 - good versus bad, 143
 - hidden, 105–108
 - imagery technique, 63
 - versus issues, 110–111
 - journaling technique, 123–126
 - layoffs, 44
 - maturity, 113
 - parent as coach, 319–322
 - physical effects, 106, 145
 - purpose, 13–14
 - rationale for drinking, 34
 - reflective coping, 112–113
 - response options, 86–87

fight-or-flight response
 anger benefits, 147
 anger definition, 18
 children, 328–329
 walking-away technique, 56–57

financial issues
 anger-freeing thoughts, 340–341
 lack of life balance, 222
 Type A characteristics, 129
 Type A conversation, 135–136

first person, 122

first-born child, 279

fitness
 depression treatment, 264–266
 disgruntled employees, 278
 facility, 265
 sleep improvements, 233
 Type A personality, 265

flourishing, 256

flow, 216–218

food, 207

forgiveness
 acceptance of wrongdoing, 178–180
 conditions, 174–175
 cost-benefit analysis, 176–177
 difficulties, 172
 disgruntled employees, 278
 maturity, 178
 support system, 173
 time, 173

freedom, 222–223

Freud, Sigmund (psychiatrist), 67

friend
 angerholics' peers, 79
 compassion, 246
 diversity, 100
 exercise buddy, 265
 sense of humor, 253
 types of support, 15
 work environment, 283

frustration, 150

● **G** ●

geropsychiatry, 263

goal, 85

Golden, Bernard (*Healthy Anger: How to Help Children and Teens Manage Their Anger*), 178

golf, 134

good mood
 benefit-finding, 255–256
 laughter, 252–254
 optimism, 254–255
 overview, 252

grammar, 122–123, 125

gratitude, 244–245

greeting, 248, 283

grief
 death of spouse, 191
 definition, 259
 forgiveness, 179–180
 men, 63
 persistence, 259
 re-placement therapy, 266–267

grip, relaxed, 332

grudge, 152

guilt
 difficulties letting go, 167
 need for confession, 118
 overview, 58
 religion, 59

● **H** ●

habit
 versus change, 14
 constructive anger, 157
 definition, 206
 reaction versus response, 77–79

hangover, 35, 205

hardy personality
 life balance, 221
 overview, 193–194
 religion, 244
 strategies, 194–197

hassle, 28

health
 anger effects, 33–39
 constructive anger, 158
 response options, 86
 sleep benefits, 227–228
 suppressed anger, 116–117
 uplifts, 213

Healthy Anger: How to Help Children and Teens Manage Their Anger (Golden), 178

healthy pleasure, 214–215, 221

heart attack
 effects of anger, 31–32, 33–34
 lifestyle, 224
 risk factors, 34–37
 Type A personality, 109
 Type B personality, 138
 vital exhaustion, 33

helplessness, 327

hiding emotions, 105–108

high blood pressure
 African-American men, 166
 constructive anger, 158

high blood pressure (*continued*)

- dissatisfaction, 107, 108
- effects, 36
- reflective coping, 112
- suppressed anger, 117

hitting, 67–69

hobby

- flow, 214, 218
- loving-but-angry relationships, 313
- smoking cessation, 206
- uplifts, 212
- wisdom acquisition, 140

honesty, 109, 316

hope, 315, 316

hostility

- versus anger, 19
- anger factors, 54
- feeling-cause language, 111
- men versus women, 103
- need for confession, 119
- source, 102–103

human nature, 175, 343

humility, 247–248, 334

humor

- at angry loved one, 289
- loving-but-angry relationship, 315
- pain tolerance, 197
- response option, 83
- steps to good mood, 252–254
- work environment, 283

hurry sickness

- road rage, 331–332
- Type A personality, 137, 139

hygiene, sleep, 231

• 1 •

I statement

- anger expression tips, 71
- children, 325
- confession, 122

illness

- anger effects, 33–39
- benefit-finding, 255–256
- death of spouse, 191
- need for confession, 120
- response options, 86
- stressors, 188
- suppressed anger, 116–117

imagery

- overview, 61–63
- smoking cessation, 206

immune system, 228

impact value, 188

impotence, 147

impulsivity

- definition, 24
- drug use, 208
- reaction versus response, 77
- stress management, 198

independence, 149, 221

informational impact, 67

informational support, 15

inhibition, 35, 201

injury, work

- anger effects, 29, 37–38
- suppressed anger, 106

in-rageousness, 260

instinct, 94

insurance company, 344

intelligence, 166

intensity, of anger, 20, 85

intimate-partner violence (IPV), 302–303

intolerant people, 98

introvert, 119, 166–167

irritability

- road rage, 337–338
- self-evaluation, 21–22
- toxic anger risk factors, 26–27

isolation

- depression, 265
- drinking, 207
- family meal, 297
- hardiness, 194
- unengaged parent, 293

issue, 110–111

• 1 •

job

- absenteeism, 38, 40
- aggressive personalities, 275
- anger effects, 37–38, 41–45
- breaks, 60
- burnout, 191–193
- counterproductive behavior, 44–45, 271–275, 343
- cultural principles, 138
- dissatisfaction, 107, 108
- environment, 280–285
- expressing anger, 285–286
- focus on own job, 108
- negotiating skills, 280
- sleep environment, 238
- Type A competition, 134
- Type A personality focus, 130
- Type B environment, 141

job injury

- anger effects, 29, 37–38
- suppressed anger, 106

Johnson, Catherine (*Shadow Syndromes*), 259

journaling

benefits, 116

diary versus journal, 120–121

disgruntled employees, 277

example, 115

method, 121–128

reaction to layoffs, 44

sleep environment, 239

smoking cessation, 206

judgment, of others

journaling technique, 126

road rage, 38

toxic anger risk factors, 28

• K •

keeping cool

age, 90

anger assessment, 80–81

critical questions, 84–85

family conflicts, 290

options, 85–88

overview, 75

patience, 80

physical body, 82–83

responding versus reacting, 76–80

reward, 89

• L •

language

constructive, 156–157

issues versus emotions, 111

reflective coping, 113

languishing, 256

last word

loving-but-angry relationship fixes, 309

overview, 57–58

laughter

at angry loved one, 289

loving-but-angry relationship, 315

pain tolerance, 197

response option, 83

steps to good mood, 252–254

work environment, 283

layoff, 44

lecture, 100

legal drugs, 199–201

letting go

anger duration, 169–170

cigarette smoking, 170

fear, 163–164

imagery technique, 62

overview, 161–162

powerlessness, 164–166

problem solving, 169

ranting, 168

resistance, 162–163

letting off steam, 150, 157

life

acceptance, 97–98

active living, 195–196

essay, 133

fairness, 341–342

hardiness, 193–197

slow-paced versus fast-paced, 141

Type A's quantification of, 135–136

life balance

counterbalanced stress, 211–214

flow, 216–218

healthy pleasures, 214–215, 221

heart attacks, 224

overview, 211

priorities, 223–225

reason for lack of balance, 220–223

social ties, 218–220

toxic anger risk factors, 30

Type A personality, 133, 221

Life Savers technique, 64

listening

angry family members, 288–289

diversity tips, 100, 101

teens, 290

loss, feeling of, 266–267

• M •

Maddi, Salvatore (psychologist), 193

marriage

anger effects, 45–46

angerholics, 79

contempt, 176

death of spouse, 191

loving-but-angry, 303–304

maturity, 305

narcissists, 343

tips for controlling own anger, 306–309

Type A competition, 134, 135

victim of loving-but-angry relationship,
310–316

violence, 302–303

mattress, 237

maturity, 113, 178, 305

Maurer, Robert (*One Small Step Can Change
Your Life*), 296

meal, 296–297

media, 100–102

meditation, 134
Meditation For Dummies (Bodian), 134
 melancholia, 266
 memory, 95
 men
 anger myths, 11
 anger response, 87, 88
 anger-depression link, 259
 death of spouse, 191
 double standards, 110
 grief, 63
 hostility, 103
 lack of life balance, 220
 need for confession, 117–118
 toxic anger risk factors, 23
 mental trap, 310–312
Mind Over Back Pain (Sarno), 163
 money
 anger-freeing thoughts, 340–341
 lack of life balance, 222
 Type A characteristics, 129
 Type A conversation, 135–136
 mood disorder
 anger factors, 54
 assessment, 258
 drinking rules, 209
 exercise benefits, 264–265
 overview, 257–258
 sleep, 233
 unexpressed anger, 107
 mood, good
 benefit-finding, 255–256
 laughter, 252–254
 optimism, 254–255
 overview, 252
 morality, 59, 85, 323
 mother
 anger effects, 46–48
 anger factors, 54
 causes of child's anger, 326–327
 child-parent anger, 305
 child's perspective, 97
 drug use, 200
 early parenting efforts, 322
 emotional coaching, 319–322
 emotional labels, 325–326
 I statements, 325
 last word from teen, 57–58
 rants, 72
 role models, 289–291, 323–325
 motivation, 146, 214

• N •

narcissism, 278, 343
 negative attitude, 254–255, 281
 negotiating skill, 280
 nervous breakdown, 120
 nervous system, 82
 newspaper, 100, 101
 nice people
 suppressed anger, 164–166
 work environment, 283–285
 nicotine
 health effects, 34, 200
 sleep improvements, 235–236
 nocturnal rage, 95
 non-response response, 109
 numbers, in conversation, 135–136

• O •

obesity, 35–36
 older people
 anger myths, 12
 antidepressant effects, 263
 difficulties letting go, 166
 emotional maturity, 113
 forgiveness, 178
 keeping cool, 90
 lack of life balance, 220
 temperament, 209
 toxic anger risk factors, 23–24
 wasted energy, 342
One Small Step Can Change Your Life (Maurer), 296
 only children, 279
 optimism, 254–255, 285
 other-directed personality, 195

• P •

pace, of speech, 72
 pain. *See also specific types*
 forgiveness, 179–180
 laughter, 197
 spirituality, 242–244
 pain-pleasure principle, 214
 paranoia, 260, 341
 parent
 anger effects, 46–48
 anger factors, 54
 causes of child's anger, 326–327

- child-parent anger, 305
 - child's perspective, 97
 - drug use, 200
 - early parenting efforts, 322
 - emotional coaching, 319–322
 - emotional labels, 325–326
 - I statements, 325
 - last word from teen, 57–58
 - rants, 72
 - role models, 289–291, 323–325
 - parenting style, 292–296
 - passive-aggressive behavior, 107
 - past event, 176, 178
 - patience, 81
 - pen, 127
 - pencil, 127
 - perfection, 25
 - permissive style, 293
 - personal attack, 53
 - personality
 - anger factors, 54
 - anger myths, 12
 - choices, 195
 - difficulties letting go, 166–167
 - lack of life balance, 221
 - self-understanding, 150–151
 - tolerance steps, 99
 - toxic anger risk factors, 25, 26
 - perspective
 - acceptance of life, 97–98
 - assertive behavior, 104
 - blind rage, 95
 - constructive anger, 155, 156
 - family conflicts, 291
 - instinct, 94
 - lack of life balance, 223
 - overview, 93
 - reasons for others' actions, 96–97
 - road rage, 333, 335
 - self-centered employee, 279
 - spirituality, 248
 - toxic anger risk factors, 24–25
 - wisdom acquisition, 139
 - pessimism, 94, 107
 - pet, 266
 - physical abuse, 327
 - physical condition
 - anger effects, 31–32, 33–39
 - anger myths, 12
 - emotion effects, 106
 - legal drugs, 200–201, 202–203
 - stress effects, 184
 - physical exercise
 - depression treatment, 264–266
 - disgruntled employees, 278
 - sleep improvements, 233
 - Type A personality, 265
 - physical violence
 - versus anger, 19
 - avoidance method, 69
 - civility in workplace, 284
 - intimate partners, 302–303
 - loving-but-angry relationship fixes, 307–316
 - talking versus hitting, 67–69
 - video games, 295
 - teachable moments, 322–323
 - pleasure, healthy, 214–215, 221
 - pocket watch, 138
 - point of view. *See* perspective
 - political correctness, 105
 - positive psychology, 252
 - positive reinforcement, 321
 - positive self-talk, 83
 - positivity ratio
 - calculation, 256–257
 - work environment, 281
 - posture, 147, 185
 - power
 - family dynamics, 287–288
 - letting go, 164–166
 - prayer, 244–245
 - problem solving
 - children's anger, 327–328
 - constructive anger, 154, 155
 - difficulties letting go, 169
 - emotional coaching, 321
 - family conflicts, 291
 - hardy personality, 196–197
 - negotiations at work, 280
 - toxic anger risk factors, 28
 - productivity, 281, 344
 - profanity
 - healthy anger expression, 70–71
 - increased tolerance, 99
 - work environment, 286
 - progress, acknowledging, 157
 - psychotherapeutic strategy, 7
 - punishment, 291, 320
- *Q* •
- quiet environment
 - journaling technique, 128
 - response option, 83
- *R* •
- racial diversity, 100
 - rage, 21, 22

- rant
 - healthy anger expression, 71–72
 - letting-go tips, 163, 168
 - rate-and-label step, 80–81, 162
 - Ratey, John (*Shadow Syndromes*), 259
 - reflective coping, 112–113
 - relaxation
 - alcohol consumption, 204
 - road rage, 332
 - steps, 82
 - religion. *See also* spirituality
 - difficulties letting go, 167
 - diversity, 100
 - guilt, 59
 - hardy personality, 244
 - services, 242
 - Type A personality, 247
 - repetition, 214
 - re-placement therapy, 266–267
 - resentful coping, 112–113
 - resentment, 102–103
 - respect
 - constructive anger, 156–157
 - loving-but-angry relationship fixes, 309
 - response, anger
 - anger analysis, 84–85
 - calming techniques, 82–83
 - non-response, 109
 - options, 85–88
 - patience, 81
 - versus reaction, 76–80
 - reward, 89
 - self-evaluation, 80–81
 - responsibility
 - constructive anger, 155
 - for others, 108
 - workplace communication, 285
 - restaurant, 100, 104
 - retarded depression, 27
 - revenge
 - anger myths, 12
 - versus compassion, 245, 246
 - versus constructive anger, 149
 - response to annoyance, 53
 - reward
 - emotional coaching, 321
 - keeping cool, 89
 - work environment, 282
 - risky sex, 37
 - road rage
 - coping strategies, 331–338
 - overview, 38–39
 - role model
 - anger factors, 54
 - overview, 323–325
 - parents' job, 289–291
 - rude behavior
 - assertive response, 168
 - civil people, 109–110
 - rumination
 - disgruntled employees, 277
 - overview, 60
 - thought-stopping technique, 60–61
- S •
- sacrifice, 174
 - sadness, 63, 259
 - safety, 174–175, 316
 - salespeople, 104
 - Sarno, John (*Mind Over Back Pain*), 163
 - self-absorption
 - counterproductive work behaviors, 278–279
 - effects on work, 43
 - road rage, 334
 - toxic anger risk factors, 25
 - Type A personality focus, 131
 - self-control, 305, 339
 - self-directed personality, 195
 - self-esteem, 85, 327
 - self-monitoring effect, 204
 - self-talk, 83
 - self-understanding, 150–151, 217
 - serotonin, 260–261
 - sex
 - anger effects, 37
 - flow, 218
 - Type A competition, 135
 - Shadow Syndromes* (Ratey and Johnson), 259
 - shopping, 104
 - shy people, 119
 - sibling anger, 306
 - SIT (stress inoculation training), 314–315
 - sleep
 - anger factors, 54
 - assessment, 229
 - benefits, 227–228
 - caffeine and alcohol effects, 201
 - deprivation effects, 228–229
 - hygiene, 231
 - improvements, 232–239
 - moody times, 233
 - nocturnal rage, 95
 - overview, 227
 - quality rating, 230–232
 - required amounts, 229–230
 - vital exhaustion, 231
 - sleeping pill, 239
 - Smith, Laura L. (*Depression For Dummies*), 261

- smoking
 - cessation, 206
 - health effects, 34
 - impulsivity, 208
 - letting-go tips, 170
 - parents' drug use, 200
 - sleep improvements, 235–236
 - tracking tips, 204–205
 - snoring, 237
 - social relationship. *See also specific types*
 - laughter, 253
 - life balance, 218–220
 - socialization process, 305
 - soda, 202, 207
 - solving problems
 - children's anger, 327–328
 - constructive anger, 154, 155
 - difficulties letting go, 169
 - emotional coaching, 321
 - family conflicts, 291
 - hardy personality, 196–197
 - negotiations at work, 280
 - toxic anger risk factors, 28
 - spelling, 122–123, 125
 - spirituality. *See also religion*
 - chronic pain sufferers, 242–244
 - compassion, 245–246
 - function of faith, 242–244
 - humility, 247–248
 - overview, 241
 - perspective, 248
 - positive greetings, 248
 - prayers of gratitude, 244–245
 - support system, 241–242
 - spoiled child, 329
 - strain, 184–185
 - stress
 - addict, 189
 - anger factors, 54
 - anger motives, 150
 - burnout, 191–193
 - carriers, 185–186
 - carrying capacity, 188
 - coping strategies, 197–198
 - hardiness, 193–197
 - inoculation training, 314–315
 - life balance, 211–214, 222
 - overview, 183
 - source, 186–188
 - versus strain, 184–185
 - toxic anger risk factors, 25, 28
 - toxic types, 188–190
 - stress inoculation training (SIT), 314–315
 - stressor, 186–188
 - student, 23
 - sucking reflex, 64
 - superstitious reinforcement, 344
 - supplication, 244
 - support system
 - depression link, 264
 - forgiveness, 173
 - life balance, 218–220
 - purpose, 14
 - size, 264
 - spirituality, 241–242
 - toxic anger risk factors, 29
 - types, 15
 - use of, 173
 - suppressed anger
 - crying, 112
 - dissatisfaction, 107
 - groups in need of confession, 117–120
 - health effects, 106, 116–117, 163
 - letting-go process, 162–163
 - myths, 106–107
 - nice people, 164–166
 - overview, 105–106
 - purpose of confessions, 116–117
 - swearing
 - healthy anger expression, 70–71
 - increased tolerance, 99
 - work environment, 286
 - sympathy, 14
- T •
- tangible support, 15
 - tantrum, 113
 - tape recorder, 127, 136
 - tardiness, 272
 - tea, 202, 207
 - teachable moment, 322–323
 - teacher, 23
 - technology, 222
 - teen
 - anger cycle, 158
 - anger effects, 36, 42
 - anger responses, 88
 - causes of anger, 326–327
 - constructive anger, 156
 - decision making, 295
 - early parenting efforts, 322
 - emotional coaching, 319–322
 - emotional labels, 325–326
 - fight-or-flight response, 328–329
 - forgiveness, 178
 - I statements, 325
 - importance of role models, 323–325
 - intimate partner violence, 303
 - last word, 57–58

teen (*continued*)

- listening tips, 289, 290
- need for confession, 120
- parent-child anger, 305
- perspectives, 97
- problem solving, 327–328
- role models, 289–291
- sibling anger, 306
- sleep benefits, 228
- sleep requirements, 230
- spoiled, 329
- teachable moments, 322–323
- toxic anger risk factors, 23–24
- video games, 295
- walking-away technique, 56
- teen victim, in angry relationship
 - anger facilitation prevention, 312–314
 - mental traps, 310–312
 - options, 310
 - stress inoculation training, 314–315
 - victim role, 315–316
- television
 - laughter, 253
 - perspective, 100–102
 - wisdom acquisition, 140
- temperament
 - aging, 209
 - anger factors, 54
 - emotional coaching, 322
 - toxic anger risk factors, 24
- temperature, 236, 237
- therapy
 - effectiveness, 66
 - journaling response, 126
 - overview, 263
- third person, 122
- thought-stopping technique, 60–61
- time
 - anger analysis, 84
 - exercise, 233
 - family, 296–299
 - flow, 217
 - forgiveness, 173
 - journaling technique, 125
 - lack of life balance, 221
 - letting go, 169–170
 - Type A's obsession, 136–138, 139
- timeout
 - constructive anger, 157
 - emotional coaching, 321
 - loving-but-angry relationship fixes, 309
- tolerance
 - diversity seeking tips, 99–100
 - media, 100–102
 - overview, 98
 - steps, 99

- tombstone test, 132–133
- tone, of voice, 156, 185
- torture, 229
- toxic anger, 1, 20–23
- toxic anger risk factors
 - age, 23–24
 - anger opportunities, 24
 - blame, 28–29
 - communication, 27
 - depression, 27
 - drugs, 26
 - fatigue, 29
 - gender, 23
 - irritability, 26–27
 - judgment of others, 28
 - life balance, 30
 - personality, 25–26
 - perspective, 24–25
 - problem solving, 28
 - stress, 28
 - support system, 29
 - temperament, 24
- tranquilizer, 55
- transformational coping strategy, 194
- trauma
 - confession benefits, 119
 - forgiveness, 179
 - hardiness, 196–197
 - road rage, 336–337
- travel, 100
- trigger, anger, 84–85
- Type A personality
 - alcohol intake, 204
 - art appreciation, 140
 - characteristics, 129
 - charisma, 109
 - competition, 134–135
 - exercise, 265
 - fatigue, 234
 - heart attack, 109
 - humility, 247
 - life balance, 133, 221
 - obsession with time, 136–138, 139
 - quantification of life, 135–136
 - religion, 247
 - tombstone test, 132–133
- Type A personality, changing of
 - conversations without numbers, 135–136
 - cultural principles, 138
 - environment, 141
 - focus on self versus job, 130–133
 - reduced competition, 134–135
 - removal of watch, 136–138
 - wisdom acquisition, 139–140

Type B personality

- competition, 134
- conversation starters, 132
- curiosity, 140
- environment, 141
- heart attack, 138
- tombstone test, 132–133

• U •

- unengaged style, 293
- uplift, 212–213

• V •

- vacation, 298
- venting
 - disadvantages, 82
 - effects, 83
 - overview, 66
- victim
 - confession audience, 122
 - constructive anger, 147
 - letting go, 164
- victim, in angry relationship
 - anger facilitation prevention, 312–314
 - mental traps, 310–312
 - options, 310
 - stress inoculation training, 314–315
 - victim role, 315–316
- video game, 295
- violence
 - versus anger, 19
 - avoidance method, 69
 - civility in workplace, 284
 - intimate partners, 302–303
 - loving-but-angry relationship fixes, 307–316
 - talking versus hitting, 67–69
 - video games, 295
- vital exhaustion, 33, 213, 231
- vocabulary, emotional, 123–124
- voice
 - tone, 156, 185
 - volume, 72

• W •

- walking, 134
- walking away
 - benefits, 82
 - loving-but-angry relationship fixes, 308
 - overview, 56–57
 - reflective versus resentful coping, 112–113

watch, 137–138

Weisman, Avery (*Coping Capacity*), 244

Williams, Redford and Virginia (*Anger Kills*), 31, 260

wisdom, 139–140

women

- anger myths, 11
- anger response, 87, 88
- anger-depression link, 259
- compassion, 246
- crying, 112
- death of spouse, 191
- difficulties letting go, 166
- double standards, 110
- drinking rules, 209
- hostility, 103
- lack of life balance, 220
- need for confession, 118

work

- absenteeism, 38, 40
- aggressive personalities, 275
- anger effects, 37–38, 41–45
- breaks, 60
- burnout, 191–193
- cultural principles, 138
- dissatisfaction, 107, 108
- environment, 280–285
- expressing anger, 285–286
- focus on own job, 108
- negotiating skills, 280
- sleep environment, 238
- Type A competition, 134
- Type A personality focus, 130
- Type B environment, 141
- work behavior, counterproductive
 - anger effects, 44–45
 - avoidance versus aggression, 274
 - definition, 271
 - employee types, 276–279
 - narcissists, 343
 - signs, 272–273
- work injury
 - anger effects, 29, 37–38
 - suppressed anger, 106
- writing
 - diary versus journal, 120–121
 - journaling technique, 121–128
 - responses to layoffs, 44
 - versus speaking, 69–70

Y

- yelling, 68, 72
- yesterday's anger, 67

