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power struggles by asking trust-building, “good questions” and 2) providing and receiving all kinds of feedback, even how to deal constructively with a critical aggressor.

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THE FOUR FACES of ANGER. Anger Busting™ What's the first thought that

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comes to mind when you hear the word ANGER? Frustration? Yelling? Loss of Control? Violence? Maybe fear, silence or avoidance? All reasonable responses...Or are they?

### **Anger-Busting: The Four Faces of Anger**

The Four Faces of Anger RAGE is an

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anger that causes us to flurry about with over-expressed gestures, clinched jaws, or boisterous words, even calling down curses. This kind of anger typically comes from frustrated expectations. Expressing rage causes people around you to stare at you in disbelief, confusion, or embarrassment.

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source of shame – whether target or troubled harbor; so too a frequent bullying partner whether involving overt justification or subterranean motivation.

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Discover the Four Angry “I”s and the Stress Doc’s “Four Faces of Anger”

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Model for transforming anger, rage, and conflict into productive dialogue and conflict resolution. Use the Thomas-Kilmann Conflict Styles Inventory to discover your style of conflict; and learn how to engage in collaborative conflict resolution in the workplace.

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2. Annoyance Anger. For most people, this is the most common type of anger. Annoyance anger can arise from the many frustrations of daily life: a driver cuts you off on the road, your partner said ...

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Faces of Anger: Model and Method". EC Psychology and Psychiatry 4.2 (2017): 61-67. So, anger is a potential range of feelings, from irritation and determination to outrage and fury. Its breadth, depth, intensity and inter-

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