Anger is a natural response to being misunderstood or experiencing pain and injustice. Everyone wants to be respected and valued as a human being—everyone has a desire for fairness. When that doesn’t happen, human tendency is to make someone pay! While the feeling is normal, your response is critical to your development. Anger has the potential to be directed positively or negatively, and the energy it creates can be focused toward your goal or turned into aggression, violence, or self-judgment in sport. If it is not managed appropriately, people will get hurt, including you. Anger will never recover your dignity and reputation. There are better ways to handle it.

1. What contributes to your anger? (Look at the flow chart above.)
2. Identify the primary objects of your aggressive anger. (Self, teammate, opponent, family, things, etc.)
3. Have you considered different possible responses and the consequences for yourself and others?
4. Are you willing to channel your anger toward achieving your goals in sports and relationships?

I will not retaliate.
I will not blame others.
I will not believe violence will help.
I will not dwell on my failures.
I will focus on what I really want to achieve.
I will express patience and forgiveness.
I will manage my anger for my personal growth.

**OUTWARD IN SPORTS**

**INWARD**

- Hatred
- Resentment
- Unforgiveness
- Disgust
- Jealousy
- Envy
- Frustration
- Silence

**OUTWARD**

- Aggression
- Intend to injure
- Physical or verbal aggression
- Put others down
- Negative self-talk
- Reprisal
- Withhold encouragement
- Brood over loss or failure

**NEGATIVE RESPONSES**

- Fight
- Aggression
- Hurts others or things

**POSITIVE RESPONSES**

- Flight
- Depression
- Hurts self and relationships

**CONSEQUENCES**

**INWARD**

- Hurts self

**OUTWARD**

- Hurts others

**QUESTIONS FOR YOU**

1. What contributes to your anger? (Look at the flow chart above.)
2. Identify the primary objects of your aggressive anger: (Self, teammate, opponent, family, things, etc.)
3. Have you considered different possible responses and the consequences for yourself and others?
4. Are you willing to channel your anger toward achieving your goals in sports and relationships?

**TIMEOUT FOR REFLECTION**

Anger is a natural response to being misunderstood or experiencing pain and injustice. Everyone wants to be respected and valued as a human being—everyone has a desire for fairness. When that doesn’t happen, human tendency is to make someone pay! While the feeling is normal, your response is critical to your development. Anger has the potential to be directed positively or negatively, and the energy it creates can be focused toward your goal or turned into aggression, violence, or self-judgment in sport. If it is not managed appropriately, people will get hurt, including you. Anger will never recover your dignity and reputation. There are better ways to handle it.

**QUOTABLE QUOTES**

- “We never had enough to eat, and I became angry, and my anger stayed with me through my career. It drove me.” — Isiah Thomas
- “I can’t play being mad. I go out there and have fun. It’s a game, and that’s how I am going to treat it.” — Ken Griffey, Jr.
- “Once I got past my anger toward my mother, I began to excel in volleyball and modeling.” — Gabrielle Reece
- “We never had enough to eat, and I became angry, and my anger stayed with me through my career. It drove me.” — Isiah Thomas

**RESOURCES**

- Making Anger Your Ally by Neil Clark Warren
- Anger is a Choice by Tim LaHaye
- How Angry Are You? by Bob Phillips
- The Dance of Anger by Harriet Lerner

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