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ANGERINSPORT

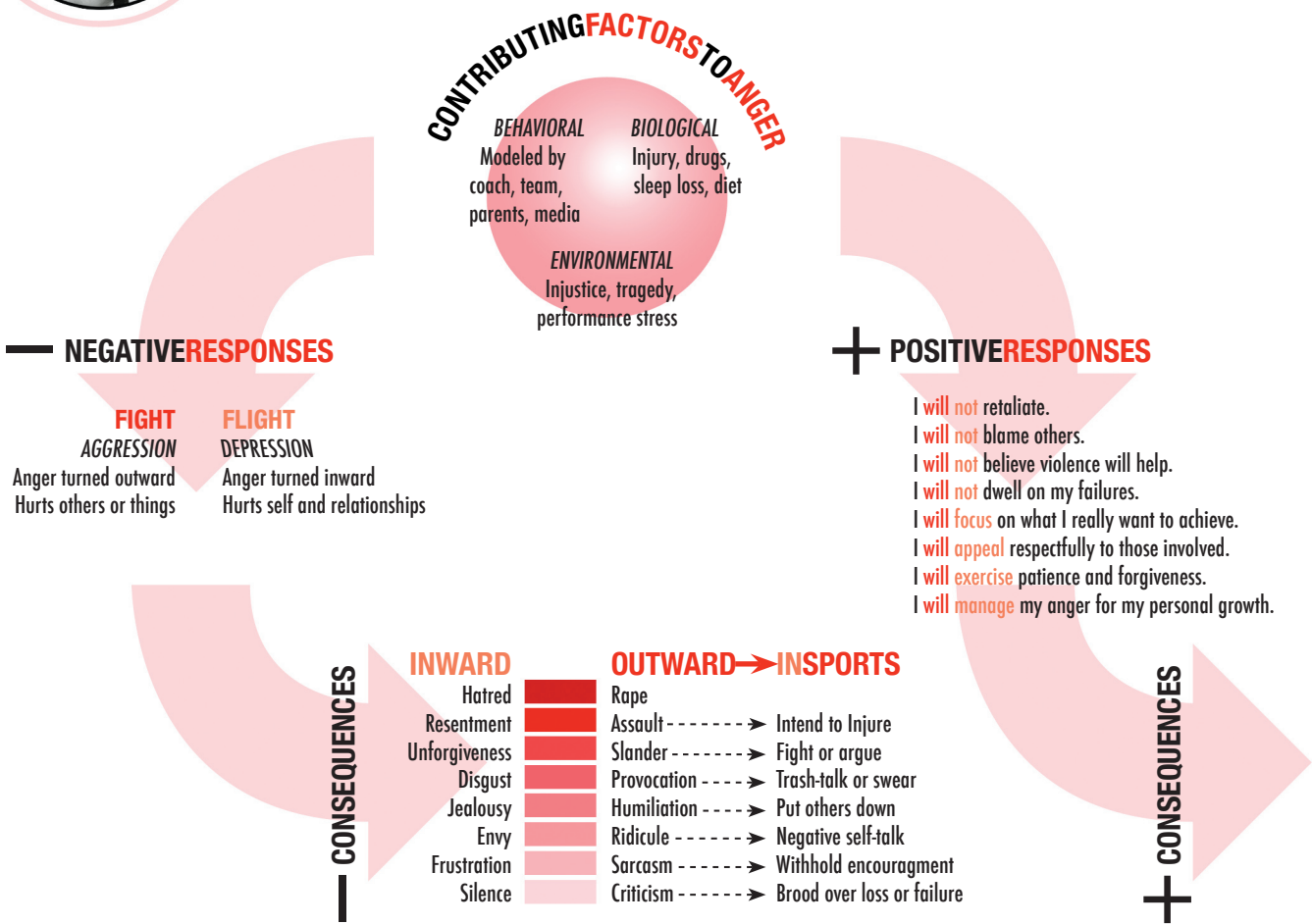
QUOTABLEQUOTES

"We never had enough to eat, AND I BECAME ANGRY, and my anger stayed with me through my career. It drove me." — IsiahTHOMAS
"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." — KenGRIFFEY, JR.
"ONCE I GOT PAST MY ANGER TOWARD MY MOTHER, I began to excel in volleyball and modeling." — GabrielleREECE



TIMEOUT!FORREFLECTION

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.



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?

RESOURCES >> *Making Anger Your Ally*. Neil Clark Warren. *Anger is a Choice*. Tim LaHaye. *How Angry Are You?*. Bob Phillips. *The Dance of Anger*. Harriet Lerner. © 2006 by Cindy White