

## **Stellating Anger - Noticing Anger**

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### **FORMAT:**

Whole group writing process  
Duration: 45-60 min

### **PURPOSE:**

Permits participants to simply notice their current relationship to experiencing and expressing the feeling of anger.

### **SETUP:**

Requires each participant to have pen and paper.

### **INTRO / BACKGROUND:**

### **INSTRUCTIONS / PROCEDURE:**

Without analyzing or thinking, write out the first answer that comes to your mind:

1. Those who know me well might say that when I am angry I:
2. When I am angry with someone I know well I tend to:
3. When I am angry with someone I don't know well I tend to:
4. If I think that someone is angry with me I feel:
5. If I think that someone is angry with me I tend to:
6. A recent time I felt angry at another person was:
7. As I remember that experience now I notice that I chose to:
8. If I had allowed my anger to be reflected in my voice and my words in a manner that was absolutely uncensored I imagine that I would have:
9. Then I think I would have felt:
10. When my mother was angry she tended to:
11. When my father was angry he tended to:
12. I notice that my past beliefs about anger have been:
13. I notice that I wish my future relationship to anger would be:

### **Discussion:**

There are no right or wrong answers to these questions. The purpose is to become more consciously aware of what is and has been going on with you and anger. Even if you identify a pattern of behavior that you are not proud of you do not have to change it. Simply noticing your own behavior that comes from old decisions gives you the option of making other choices now. A habit that made sense when it was formed

may have little value in your life now. You might want to make a different choice, or not.

**Option:**

Can break into groups of 4 and share or discuss what was revealed through noticing these behavior patterns with regards to the feeling of anger.

(30 min @ 7 min per person)

**DEBRIEF:**