

# SANE

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## Peer Group Chat

Date: 13/07/23

**Title:** The Fuel of Anger

**Description:** Sometimes anger can serve as a small voice to remind us of areas we may be ignoring, or where our boundaries are being disrespected- it's there for a reason. But, it can also be a bit like fire- quickly ignited and at times, hard to keep control of. Let's come together to explore why anger might show up, what anger looks like, as well as how we could harness it.

TideisTurning (PSW)	Hi There @Kangarookiwi93 & welcome! We'll get started soon :)
Amber22 (PSW)	Welcome! :)
Kangarookiwi93	Hey. I'm new to coming to the group chats how are these run
TideisTurning (PSW)	Hi @Shaz51:)
Amber22 (PSW)	Hey! @Shaz51:) So glad you're here
Shaz51	hello @TideisTurning (PSW), @Amber22 (PSW)
RiverSeal (Mod/PSW)	Hi @Kangarookiwi93welcome

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Amber22 (PSW)	We're glad you've joined us :) We will just wait a couple more minutes and get started, but it's basically a big group chat @Kangarookiwi93
Shaz51	hello @Kangarookiwi93, and heyyy my @RiverSeal (Mod/PSW)
TideisTurning (PSW)	@Kangarookiwi93, as we go @Amber22 (PSW) will post discussion questions for everyone to consider and we have a bit of a chat from there. Feel free to share as much or as little as you're comfortable with :)
RiverSeal (Mod/PSW)	Hey @Shaz51 nice to see you tonight
Kangarookiwi93	How many people Normally join the chat
Amber22 (PSW)	<b>Hi everyone. First, we'd like to acknowledge the Traditional Custodians of the various lands we are all joining this event from. We pay deep respect to the Elders of those Countries, past and present, and we further extend that respect to any Aboriginal or Torres Strait Islander people joining this group tonight. Welcome everyone to today's Peer Group Chat talking about The Fuel of Anger.</b>
Amber22 (PSW)	It normally depends on the topic, but we will probably get a few more joining us at around 7pm and afterwards :) @Kangarookiwi93

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Amber22 (PSW)	<p>Tonight, Peer Support Workers @amber22 and @TideisTurning will be facilitating a discussion around the topic of The Fuel of Anger. Whether you have lived experience of complex mental health issues, you care for someone who does, or both, it is important to discuss so that we can recognise and identify our feelings of anger, and how they can be constructively communicated. We'll be moving through a number of discussion questions tonight, and it's entirely up to you how much or how little you are comfortable with sharing. Some of the conversation may be heavy in nature as we talk about feelings of anger. @Riverseal, who moderates on the SANE Forums, is working behind the scenes to ensure our safety. If you're having any technical difficulties, please see our FAQ (<a href="https://www.sane.org/peer-support/peer-group-chat/chat-faqs">https://www.sane.org/peer-support/peer-group-chat/chat-faqs</a>) or message @Riverseal. We're looking forward to creating a space where we can reflect and learn more together about The Fuel of Anger.</p>
Amber22 (PSW)	<p>Welcome! Eeyore2 :)</p>
TideisTurning (PSW)	<p>Hi @Eeyore2 :)</p>
Amber22 (PSW)	<p><b>Within this group tonight we'll be talking about:</b></p> <p><b>How anger might show up within our lives and ways we could manage anger when it arises</b></p> <p><b>The benefits of processing anger and expressing it in a healthy manner</b></p> <p><b>Communicating feelings of anger constructively to others</b></p>
Amber22 (PSW)	<p>Welcome! @Blackbird 11:)</p>

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TideisTurning (PSW)	Hi @Blackbird 11:)
Amber22 (PSW)	Welcome everyone! We will be starting the discussion shortly, and will just allow a bit more time for people to log on and join. In the meantime, feel free to introduce yourselves. I'm @amber22
TideisTurning (PSW)	Hi @Suni8 :)
Amber22 (PSW)	Welcome! Suni and @bobbie:)
Blackbird 11	Hello @TideisTurning (PSW)@Amber22 (PSW)
bobbie	hi everyone
Shaz51	Hi I am a community guide @shaz51
RiverSeal (Mod/PSW)	Hi @Blackbird 11
TideisTurning (PSW)	Hi @bobbie!
Blackbird 11	Hi @RiverSeal (Mod/PSW)
Blackbird 11	Hi everyone

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Kangarookiwi93	Um I think I might need to do this topic in one on one work I really wanna learn this stuff but I'm not sure if I'm ready for the group chats yet I'm feeling a little overwhelmed
Gillie1	Hi guys
Amber22 (PSW)	That's okay! @Kangarookiwi93 You are more than welcome to read along instead if you wanted some insight, there is no obligation to share anything you don't want to, and if you feel uncomfortable then it is totally okay to leave at any point :)
Amber22 (PSW)	Welcome! @Gillie1
Amber22 (PSW)	Let's get started with the first question
<b>Amber22 (PSW)</b>	<b>Q1: When might anger show up in your life? How might anger show up for you?</b>
Shaz51	@Kangarookiwi93 you can read along with us and you can also come on the forum after for a chat xx
TideisTurning (PSW)	Take care of you @Kangarookiwi93. You're welcome to stay and read along if you'd like. You can also take note of any questions that might be helpful to take back and discuss with your support team if that would be helpful for you :)
Gillie1	Anger shows up for me when I'm hurt or hurting or feel unsafe.
Shaz51	anger shows up in my attitude

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Kangarookiwi93	@TideisTurning (PSW)I think I'm going to be grabbing the questions to discuss with my support team
Amber22 (PSW)	Great idea @Kangarookiwi93
Amber22 (PSW)	I feel you with that! @Shaz51
Gillie1	It stays when I don't know where or how to direct it.
bobbie	When I'm grieving as I sort of am currently. I tend to simmer and be stand-offish.
Amber22 (PSW)	Hey! @Jacques:)
Jacques	hello ladies, gentlemen and gender neutral peoples :)
Shaz51	heyyyyy @Jacques
RiverSeal (Mod/PSW)	Hey @Jacques
TideisTurning (PSW)	Hi There @Jacques:)
Jacques	my @Shaz51my beautiful friend. i hope you and mr shaz are well.

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Jacques	anger for me mostly comes from frustration of my situation. i want to be normal but i struggle to be.
TideisTurning (PSW)	That makes sense @Jacques. It's tough not feeling normal. It can be super frustrating sometimes!
RiverSeal (Mod/PSW)	@JacquesA support worker I know used to say that normal is a setting on a washing machine
TideisTurning (PSW)	Brene Brown describes anger as a place we might go when we feel wronged. Thinking about it, I feel like that's when anger can show up for me- though sometimes, often, it's also my first indicator I might be feeling wronged. How anger shows up for me, usually involves tension and an urge to scream.
Amber22 (PSW)	<b>Q2: Anger is a functional emotion- that is, it can serve a function/ purpose. What function or purpose might anger serve for you?</b>
Blackbird 11	Q1 Anger might show up for me when I see injustice. So I have experienced lack of equality in the workplace in the past.
Jacques	yes i understand @RiverSeal (Mod/PSW) i guess what I mean is i have missed my whole life, I'm 41 now and since the age of 10 i have been unable to leave my parents, i have not been able to get a job, have a relationship, I own nothing. I'm living on the charity of my mum. who has suffered greatly because of my anxiety and depression. I see all the people I went to school with owning homes, having families, living life. I have never had the opportunity to live life.

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Gillie1	It's really scary for me to be angry around people not because I'll do anything but because it's not an acceptable emotion.
Amber22 (PSW)	I totally get that @Gillie1, the negative connotation associated with anger can sometimes be hard
bobbie	Anger can show me something needs to be resolved.
Blackbird 11	Anger may reveal to me that I am passionate about something and can be a cause for change
Jacques	anger for me personally can be a driver to complete things. it can help me over ride fear. sometimes my anger can really scare me though if i am unable to control it. I have lived with anger for so long because of the physical abuse I suffered when i was 8. for the longest time I was unable to control it.
Shaz51	sometimes my anger needs to have some changes in the near future
Amber22 (PSW)	Anger often shows me what I really care about, even when I might not have been aware of it
Gillie1	Others can find being around someone who is angry threatening but sometimes I need the be angry because of what's happening, but I don't want to be angry around people who don't deserve it. But I need to be angry.



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TideisTurning (PSW)	I'm sorry you've had those experiences @Gillie1, where you've felt like anger isn't acceptable. It can be very taboo sometimes, though I've come to learn it's important. Anger, like all emotions, is trying to tell us something. For me it's usually something is wrong' and/ or I'm not being heard/ seen'. What do you think anger might be trying to say when it shows up for you?
RiverSeal (Mod/PSW)	Sounds like you have had it pretty rough throughout your life @JacquesI have had many struggles too but different to yours and I too see people I knew have all these things and it is hard from to accept my own situation. I do feel connected here at SANE and that the Forums in a great place to feel heard and understood by your peers.
Jacques	yes sane is wonderful @RiverSeal (Mod/PSW )if it was not for sane i would not be alive anymore.
Gillie1	Anger has brought me to take action but I don't know it will create change.
Shaz51	@Jacques, you have come a long way my forum brother xoxo
Gillie1	I totally get where you are coming from @Jacques
Amber22 (PSW)	Welcome! SydAcct
Jacques	yes i have from your support and many others here @Shaz51i will be eternally grateful to you and others here.:)

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SydAcct	I feel less anxiety when I am angry.
Gillie1	It does give you energy
SydAcct	Thank you, Amber 22
Shaz51	@RiverSeal (Mod/PSW)you are soo awesome on the forum my friend xxx
TideisTurning (PSW)	Hi There @Sydacct :)
Jacques	i agree with both of those statements @SydAcctand @Gillie1
<b>Amber22 (PSW)</b>	<b>Q3: How might you 'cool off' when anger arises in order to be able to deal with or channel it constructively?</b>
SydAcct	Hi, everyone it is my first time here.
RiverSeal (Mod/PSW)	@SydAcctI can relate to that about anger and anxiety. I don't have my anger in my though so hard to do that when I'm anxious
Gillie1	Welcome @SydAcct
bobbie	HI @SydAcct welcome

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Shaz51	by biting my tongue and doing something to keep me busy
RiverSeal (Mod/PSW)	Thank you @Shaz51you are amazing with everyone too
bobbie	For me to cool off, I really need to sit with the feelings for a while. Sometimes only a few minutes, sometimes a day. Deep breathing and CBT helps.
Kangarookiwi93	@Amber22 (PSW)can you please email me the questions for tonight
SydAcct	It is difficult to find the balance between protective anger (setting boundaries) and destructive anger (devaluing other people). I mean easy in theory but difficult in practice.
Jacques	how i cool off, sometimes sleep, stop what i am doing and come back to it. or remove myself from the situation that is making me angry, i have grown so tired of being angry, it is so exhausting.
Gillie1	I shut off the emotions and go into problem solving then try and deal later but that means others or myself get the impact later on so doesn't really work.
Blackbird 11	Take time out if possible and notice the feelings then try grounding
Shaz51	@Jacques, it is very tiring and Mr shaz would totally agree with you, so for me I try to stay out of the way and not say anything until mr shaz says something

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Amber22 (PSW)	Due to anonymity, I won't be able to do that, but you can copy and paste the questions from tonight (I pin them at the top every question) and pop them in a word document? @Kangarookiwi93 Would that work for you? :)
Kangarookiwi93	Yea I'm doing that one atm
Amber22 (PSW)	Welcome! @Keppy
<b>Amber22 (PSW)</b>	<b>Q4: How might you communicate feelings of anger constructively to others?</b>
bobbie	"When you do X, I feel angry because Y." Easy to say but hard to do.
TideisTurning (PSW)	@SydAcctthat's a really interesting distinction between protective anger and destructive anger :)
Amber22 (PSW)	Definitely, that's a great one @bobbie
Jacques	most people can tell when i am angry that know me so they stay away. anyone who threatens me usually back off fast because I'm so tall and big. I guess ask people to leave me be is the best answer i can give.
SydAcct	Cooling off is difficult sometimes. It is like anger has a life of its own. My cool-off method is walking to buy a coffee at 7 Eleven and trying to ground myself with breath work.
Gillie1	I tried expressing that I was angry and requested space calmly but that was ignored.

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Shaz51	when I am angry , i go very quiet
Amber22 (PSW)	Welcome! @sammy3
Jacques	my partner is the same @Shaz51she goes quiet too.
TideisTurning (PSW)	I had advice recently to write down the worst, anger-fuelled thought then edit it into something more socially appropriate and constructive (so ensuring 'I' statements are leading what I'm saying for example and adding things like suggestions to resolve or preferences for similar recurrences in future). I found this really helpful, because it still allowed me to communicate the issue and it's impact while at the same time, constructing it in a way that's a little more workable in terms of working toward resolving things without blaming or causing defensiveness.
SydAcct	How might you communicate feelings of anger constructively to others? I might say "I am feeling angry now".
Shaz51	that means we are thinking @Jacques, your partner and me xx
Amber22 (PSW)	<b>Q5: What might be the impact of being able to have a constructive conversation around anger?</b>
TideisTurning (PSW)	Hi There @sammy3

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Keppy	I often feel shame about feeling anger, being able to share it might help reduce that shame and help me feel less alone
Jacques	if i was able to have a constructive conversation around anger it would help alleviate the anger and help see the warning signs early to be able to halt the anger before it starts.
SydAcct	I like the concept that anger is trying to tell us something RiverSeal maybe shining light on times with have been invalidated in the past.
sammy3	Hi all, I'm sammy3
Jacques	hi @sammy3welcome
sammy3	i am not sure sometimes how to have a constructive conversation about anger as i get told anger is not acceptable
sammy3	i can hide the fact that i was angry and communicate needs if they happen to be accepted but sometimes they are not, like they forget it after a while because they don't believe my part of me isn't important etc
Shaz51	working out what to say and when to say something is tricky at times
Keppy	@sammy3 I totally get that, I try to remember that anger is just a feeling and no emotions hold moral value or say anything about who you are, they are just a part of being human

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bobbie	@sammy3i can understand that. Broken record. Or they just don't seem to get it. Like they think we will forget and give in eventually.
TideisTurning (PSW)	I love this @Keppy; "emotions are just part of being human"
sammy3	i am also a bit afraid of shouting when angry
Shaz51	@sammy3it is not good shouting when angry , as unnecessary words may flow more easily.
Jacques	sometimes i find swearing can help me when i am angry, like when i hit my fingers with a hammer. it is weird.
sammy3	i am not sure of the impacts of shouting, like from a practical/social viewpoint or a philosophical/religious viewpoint
Shaz51	ouch Mamamia @Jacqueswas my favourite word
sammy3	socially it's not good, indeed Shax51
SydAcct	I am afraid of how my anger expresses itself sometimes. I think "is this tone, volume and body language, acceptable".
TideisTurning (PSW)	There might be something to that with swearing @Jacques:)

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bobbie	I think it really depends on the recipient of said conversation. How receptive they are to understanding and change.
Jacques	hahahaha @Shaz51one time i was renovating mums house and i accidently hit the same knuckle 5 times, i used some really choice words that day.
<b>Amber22 (PSW)</b>	<b>Q6: Anger can sometimes be perceived as a taboo or 'negative' emotion. How can we challenge this stigma?</b>
Jacques	i find with my anger it is best just getting it straight out, i swear a bit, bang a door and I'm good. mum bottles it up and something small happens then she explodes, is that just an us thing?
sammy3	i suppose if you think it's gonna cause regret then that anger expression is not acceptable, so the taboo might be valid, as in if it comes off at aggressive towards someone
TideisTurning (PSW)	When emotions are bottled up, I feel like a sudden 'snap' is quite common @Jacques. Emotion demands to be felt, and when the release is held off, there comes a point where your body is forced
SydAcct	I think that anger is perceived as a "negative" emotion because there are many examples of people using anger destructively. The front page of any newspaper.
Shaz51	sometimes it is not good to bottle it up as by the time you explodes you have forgotten what made you angry in the first place



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sammy3	I am actually having an angry day today. to answer question from before (q1 i think) I get angry when i am tired, but it tends to indeed be a bottling out
Blackbird 11	Advocate that all feelings are valid
Amber22 (PSW)	Hey! Guest
sammy3	i am also more angry where i don't see a way out for whatever reason
Shaz51	@sammy3, that is very common my friend
Jacques	yes i agree @TideisTurning (PSW) it can be very difficult to navigate what is healthy
TideisTurning (PSW)	As some of you have mentioned, I feel like anger might sometimes be seen as negative because expressions of anger which are explosive can be scary and fear inducing to witness, leading to a negative association with anger. So, running off that theory, if more calm responses to anger are seen, it might help to challenge this stigma. That doesn't mean anger isn't seen at all, or expressed, but more, bigger expressions of anger are worked through or released in private where possible.
Amber22 (PSW)	Welcome! @Appleblossom

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Appleblossom	I am talking ab out anger ... as a life saving emotion ... a necessary emotion ... not just throwing anger around rudely ... but when it is really important ... Love your topic ... the fuel of anger ... for me it has been about energy too ...
Shaz51	very true my @Appleblossom
bobbie	It's not nice to be on the receiving end of anger when something is not your fault or the person explodes not in proportion with the situation. And then because you are a nice person, you just cop it and hope it doesn't happen again. But of course it does.
Jacques	i think most people channel anger poorly, which is understandable. i guess learning strategies to manage the anger. I think some stigma is good as some people really get violent when they are angry.
<b>Amber22 (PSW)</b>	<b>Q7: What are the benefits of processing anger and expressing it in a healthy manner?</b>
TideisTurning (PSW)	Hi @Appleblossom:)
Jacques	hi my virtual mum @Appleblossom
bobbie	so that one doesn
bobbie	so that one doesn't explode onto others.
Blackbird 11	Creates healthy environments

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SydAcct	Keeping important relationships is one benefit of expressing anger in a healthy manner.
Shaz51	What are the benefits of processing anger and expressing it in a healthy manner? , Oh @Amber22 (PSW)it helps resolve the problem quicker , creates healthy environment , no heated discussions getting out of hand , you option is heard
Jacques	oh wow that is an awesome answer @Shaz51
Amber22 (PSW)	Great answer!! @Shaz51
sammy3	is there ever a scenario where when one feels angry, you don't express it, but work around it/change perspective etc
sammy3	(i mean express in healthy way)
TideisTurning (PSW)	Hi There @Guest
sammy3	i think there is. but i am not a very assertive person, and i get angry more than i like to
bobbie	Less Stress and high blood pressure!
TideisTurning (PSW)	Assertiveness is tough @sammy3!

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Shaz51	@sammy3my husband was told he had to be more assertive , but that did not work xx
Amber22 (PSW)	<b>Q: Have you learned anything helpful from others' experiences here tonight that you might be able to apply in your own life? If yes, what did you learn?</b>
sammy3	we should be experts in assertiveness now!! @tideisturning .. in seriousness, but that's just it, we have barriers to expressing anger in a healthy way
Jacques	i have found it interesting no one persons experience with anger is the same, i guess like everything with the human condition it is unique to the individual.
sammy3	@shaz51 oh wow, sorry to hear
SydAcct	Thanks everyone. How long do we have?
TideisTurning (PSW)	I think my biggest takeaway is how anger can sometimes be protective- @SydAcctI think :)
Amber22 (PSW)	We will be wrapping up in the next 10 minutes :) @Sydacct
sammy3	challenge and don't contribute to the stigma, and advocate for anger to be a healthy emotion in this way?!
TideisTurning (PSW)	Feel free to come back though @SydAcct :) This runs every week, sane time, same place, different topic :)

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Amber22 (PSW)	<b>Q: Tonight's topic may have brought up some heavy feelings as we talked about how anger might show up in our lives, and how this may impact us. Would some self-care be helpful for you after we finish? If so, what might you do?</b>
SydAcct	I am going to try and turn down my anger 30% so that I am better able to understand what anger might be trying to tell me. I am sure that I can learn a great deal Thanks.
Amber22 (PSW)	I'm going to have a hot cup of tea tonight :)
Jacques	i am going to have a coffee and play with my mala beads. maybe put on some sleep music later.
Blackbird 11	I'm having a milo
Shaz51	thank you @Amber22 (PSW), @TideisTurning (PSW), @RiverSeal (Mod/PSW), going to have a shower and mr shaz has made me a cuppa coffee
SydAcct	I am going to have dinner then go for a walk to 7 eleven. There were some negative experiences with anger in the past.
sammy3	something in nature, lots of herbal tea and self reassurance
bobbie	either decaf tea or Jarrah
SydAcct	Thank you, I appreciate everyone's input. Bye .

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Amber22 (PSW)	<p>Here are some further resources we recommend having a look at:</p> <p>1 Understanding Anger: <a href="https://headspace.org.au/explore-topics/for-young-people/anger/?gclid=EAIaIQobChMI2ePwlNPx_wlVUIhgCh2iUwBDEAAYASAAEgIcUvD_BwE">https://headspace.org.au/explore-topics/for-young-people/anger/?gclid=EAIaIQobChMI2ePwlNPx_wlVUIhgCh2iUwBDEAAYASAAEgIcUvD_BwE</a></p> <p>2 Why do We Sometimes Explode (or Implode) <a href="https://www.youtube.com/watch?v=jV8HzI2dMKY">https://www.youtube.com/watch?v=jV8HzI2dMKY</a></p> <p>3 On anger management- <a href="https://www.youtube.com/watch?app=desktop&amp;v=eXmcjA-yFEM">https://www.youtube.com/watch?app=desktop&amp;v=eXmcjA-yFEM</a></p>
TideisTurning (PSW)	<p>I think I'll read a little more of my book :)</p>
Jacques	<p>thank you all for the wonderful chat tonight. hugs to everyone. good night.</p>
RiverSeal (Mod/PSW)	<p>Il'm going to have a nice dinner made by some else</p>
Amber22 (PSW)	<p><b>Thank you for joining, and we hope you enjoyed the discussion. You are more than welcome to continue the discussion over on the SANE Forums if you would like here:</b></p> <p><a href="https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Fuel-of-Anger-Thursday-13th-July-2023-7-8/m-p/1313663#M338929">https://saneforums.org/t5/Social-Spaces/Peer-Group-Chat-The-Fuel-of-Anger-Thursday-13th-July-2023-7-8/m-p/1313663#M338929</a></p> <p><b>Keep an eye out for the next Peer Group Chat discussion about 'Safe Sharing'.If you'd like to be informed about future Peer Group Chats, you can sign up to our mailing list here:</b></p> <p><a href="https://www.sane.org/peer-support/peer-group-chat">https://www.sane.org/peer-support/peer-group-chat</a></p>

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	<b>You can also ask questions for us to discuss in future peer chats!</b>
bobbie	goodngiht everyone and thank you for your insight
RiverSeal (Mod/PSW)	Good night everyone :)
Blackbird 11	Good night everyone
TideisTurning (PSW)	Take care everyone! Until next time :)
TideisTurning (PSW)	We'll close the room soon everyone. Feel free to continue the discussion back on Forums if you'd like :)