
20 Myths about Anger

1. It's not OK to feel angry.
2. Anger is a waste of time and energy.
3. Nice people don't get angry.
4. I shouldn't feel angry when I do.
5. Getting angry means losing control.
6. People will go away if I get angry at them.
7. Other people should never feel angry with me.
8. If someone gets angry at me, I must have done something wrong.
9. If someone gets angry at me, I made them feel that way and I'm responsible for fixing their feelings.
10. If I feel angry, someone else made me feel that way and that person is responsible for fixing my feelings.
11. If I feel angry at someone, the relationship is over and that person has to go away (or will go away because of my anger).
12. If I feel angry at someone, I should punish that person for making me feel angry.
13. If I feel angry at someone, that person has to change what he or she is doing so I don't feel angry anymore.
14. If I feel angry, I have to hit someone or break something.
15. If I feel angry, I have to shout and holler.
16. If I feel angry at someone, it means that I don't love that person anymore.
17. If someone feels angry at me, it means that they don't love me anymore.
18. I can't be angry at someone I love.
19. It's OK to feel angry only when I can justify my feelings.
20. I can't be angry at someone who is sick, troubled, or depressed.

Operating from any of these 20 myths about anger can make your life less joyful and more complicated than it needs to be! Is anger a troublesome emotion in your life? Your EAP can help you develop a healthier relationship with anger.

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