



REVISED EDITION

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WHAT'S YOUR ANGER TYPE?

**Featuring
Technological Rage:
Millennial Anger**

Peter Andrew Sacco PH.D.

*"A chatty first-person tone blending the authority of
a psychologist with the educational approach of a professor."*

— Diane Donovan 'California Bookcatch



How bad is your anger? Do you control it, or does it control you? Has it wrecked your life, or does it hurt the lives of others? This book is informative, interactive and insightful in helping people identify their 'anger type(s)', their triggers, and providing proven anger management tools that will work best for helping people overcome self-destructive anger patterns and behaviors. Furthermore, it will engage readers in helping those who possess 'millennial anger types' provoked by texting habits, online social media and online dating. This book has been used in anger management support groups, colleges, private companies and employee assistance programs with tremendous success. It has been published on 4 continents, and used by thousands of people, who have applied the principles and changed their lives for the better!

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Revised Edition

with

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First Edition

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Peter Sacco asserts the moral right to be identified as the author of this work

An Informal Introduction to Your Anger

*In the beginning the universe was created.
This has made a lot of people angry and been
widely regarded as a bad move.*

Douglas Adams

Do you have an anger-management problem? Is there something or someone around you, or in your life who is always getting under your skin? Do you just want to explode? Do you feel like you are at the end of your “anger control leash”?

If you answered yes to any of these questions, then this book can definitely help. It might even save you from detrimental situations!

Let’s face it, everyone gets angry. Anger is a normal and acceptable human emotion just as happiness, joy, surprise, sadness, and angst. Unfortunately, most of the time anger is expressed in non-productive and unacceptable ways.

No one really complains about individuals who are happy all the time. Similarly, most wouldn’t be insensitive to individuals who are experiencing bouts of sadness. Why then is anger looked at in a less productive light?

Perhaps it is due to the few isolated incidents that make the news and media because someone has behaved so badly when they were enraged. Maybe it could be due to the urban legends/myths of people becoming “superhuman” monsters during fits of rage!

Could it be how movies and television portray anger and vengeance for wrongdoings? How far will people go when they are angry? Could they really lose it mentally, psychology and emotionally when they become enraged? Have you ever experienced meltdown?

Interestingly, everyone has the ability to control all facets of how they act, including their anger, because we can all control the seeds that start the process – our *thoughts*!

Below is the flowchart I use with clients to explain how and why they become angry. I will explain it in greater detail later in the book. For now, just examine briefly the process of how our anger begins, flourishes and ends.

Think angry --- Feel angry --- Act angry --- Become angry

In short, thoughts determine your emotions, even anger.



Throughout this book I will present 10 key points that I hope will assist you in your anger-management:

1. If we think it, we'll feel it, we'll act that way, and over a long period of time we may even take on that behavior and become it – an angry person.
2. Anger is a normal and healthy emotion. All people emote and are capable of becoming angry at any point in their lives.
3. Since we are all able to exert control over our emotions, we can determine how we choose to express our anger.
4. Anger is a secondary emotion. Some other emotion or thought process always comes *before* anger.
5. There are 12 types of anger and most of us possess some, even many, in different situations and periods in our lives.
6. Everyone possesses a distinct behavioral style for dealing with the world and people around us.
7. There are ways of managing and controlling your anger in more effective and productive ways if you are willing to work at it.
8. It's never too late to modify negative, destructive expressions of anger and replace them with optimal, acceptable alternatives.
9. The same rules for managing anger apply to everyone, even children.
10. It's okay to laugh at yourself sometimes.



In a Sentence or Two, What bothers you Most?

Before delving any further into this book, I'd like you to spend a few minutes, or longer if required, to make a casual self-inventory of your anger.

Pay close attention to all the specific people, places, situations, and things that contribute to your anger. List anything and everything you can think of, no matter how foolish or absurd it may appear.

Things that anger me most are...

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now that you have listed your top 10 anger precipitators, compare them with the most common irritants that people report. As you look through the list, see if you can pick out a common theme.

Common Anger Triggers:

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1. Spouse
2. Children
3. Co-workers
4. Boss
5. Traffic
6. Rude people
7. Dogs pooping on your lawn
8. Bad weather (too much rain/snow)
9. Governments and politicians
10. Taxes
11. Long line-ups
12. Bad drivers
13. Inflation
14. Drunk people
15. Gossipers
16. Slow restaurant service
17. Congested parking lots
18. Messy kids/spouses
19. People who cheat
20. Sports teams you root for that always lose
21. Bad parents
22. Rules that make no sense
23. Racism/discrimination
24. TV/cable problems
25. Bad Internet service
26. People talking during movies
27. Obnoxious sports fans
28. People who let you down
29. Plans that fall through/disappointment
30. People abusing the social assistance/support system
31. Tardiness in others
32. Self
33. When life treats you unfairly

34. Stupidity
35. Barking dogs
36. Babies crying uncontrollably
37. Hard to follow directions/instructions
38. People smoking in your space
39. Ban on smoking (for smokers)
40. People who stand/sit too close, invading your personal space
41. When someone wakes you up
42. Telemarketers
43. Door-to-door solicitors
44. When someone doesn't listen to you or understand you
45. Litter bugs
46. People who don't flush toilets/urinals
47. Road construction
48. Trains holding up traffic
49. Plane delays
50. Things/cars breaking down

How many “irritants” on the list were you able to relate too as “triggers” for your own anger?

Throughout this book I will use these two terms “irritants” and “triggers” to refer to those people, events or things you attribute to causing you to experience anger. Also, I will show you how nothing can make you angry unless you allow it that power. Even though something from the above list can attribute to your anger, it can't make you angry!

Nothing can make you angry on its own unless you let it!

When you look at the title of this book *What's Your Anger Type?* you're probably asking yourself is there more than one type of anger, and if so what type(s) of anger do I have?

Identifying what type of anger you possess is probably the best place to start. Once you identify your anger type, then you can identify your triggers/irritants and modify behaviors, situations and perceptions to create new ways of feeling.

And Your Anger Type is?

The biggest misconception about me is that I'm angry and violent. But I'm a real sweetie.

Jack Nicholson

Want to Know What Your Anger Type Is?

If you want to know more about what type of anger you possess, it would be a good idea to complete the modified questionnaire below. It has been developed from hundreds of sample questions given to clients, patients, students, employee program participants, and general interest groups.

The outcome of the questionnaire will show you what types of anger exist and which one(s) you possess. In subsequent chapters I will provide explanations and descriptions of each anger type.

I have selected the best 36 questions that illuminate specific anger types. You will need a pen or pencil. On a separate sheet of paper, make a list from 1 to 36. For each question, write down the corresponding score that best represents how you are feeling, thinking or behaving in that particular situation.

0 - Does Not Pertain To Me

1 - Sometimes True For Me

3 - Often The Case For Me

5 - Always The Case For Me

When completing this quiz, it is very important to think about your answers in the present moment. Do not answer questions based on how you once behaved or how you wish you behaved.

The best way to determine your particular anger type(s) is to be as honest as possible and give yourself the rating that first comes to mind. Do not rationalize or think too much about each question.

Also, do not get worried if you feel you are answering too many questions as “most of the time”. The purpose of this quiz is not to diagnose but to identify anger patterns and types in order to make appropriate thought, feeling and behavior modifications.

What's Your Anger Type? Quiz

Q1. No matter what the situation is, I try to never get mad. To get mad would not be good.

0 1 3 5

Q2. Whenever my computer screen freezes up I pound on the mouse. I don't have time for this!

0 1 3 5

Q3. I like getting angry because it really pumps me up. I feel like I can do anything when I am angry.

0 1 3 5

Q4. When I get angry I stay angry for a long time. It's just so hard to let it go.

0 1 3 5

Q5. I tend to really lose emotional control when I get mad. I just can't think rationally.

0 1 3 5

Q6. In my relationships I tend to get jealous quite easily.

0 1 3 5

Q7. I tend to get really annoyed whenever I get stuck in traffic jams. I have no patience.

0 1 3 5

Q8. I find myself easily getting into arguments and debates with others over trivial things.

0 1 3 5

Q9. There is rarely a day that goes by in which I don't get mad.

0 1 3 5

Q10. When I am angry I usually like to hide my feelings and pretend I am not angry.

0 1 3 5

Q11. I really get upset whenever someone puts me down or insults me.

0 1 3 5

Q12. I am most motivated whenever I am angry. My anger moves me toward action.

0 1 3 5

Q13. I feel very uncomfortable whenever I am faced with confrontations or conflicts. I try to avoid them.

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0 1 3 5

Q14. I get so angry when I get pop ups on my Internet. I curse and swear. Damn advertisements!

0 1 3 5

Q15. Watching fights in sports, on television or in real life excites me. I actually get pumped up!

0 1 3 5

Q16. Forgiving others who have wronged me is very difficult. I just can't seem to forgive and forget.

0 1 3 5

Q17. The best way to describe me when I am mad is a time bomb. I get so angry I explode!

0 1 3 5

Q18. I tend to have a habit of putting people down behind their backs.

0 1 3 5

Q19. Whenever someone cuts me off when I am driving, I curse them with fingers or fist gestures and yell at them.

0 1 3 5

Q20. I like to prepare for an argument with someone even

though they have no idea it is coming. I argue to win!

0 1 3 5

Q21. I am angry most of the time throughout the course of a day. This seems to be a common feeling I experience

0 1 3 5

Q22. I don't get mad... I prefer to get even!

0 1 3 5

Q23. Whenever I discuss my personal beliefs or ideals, I find myself defending them aggressively. If people don't like what I think or believe, then to heck with them!

0 1 3 5

Q24. I find when I am angry I can get what I want much easier. My anger gets me what I want!

0 1 3 5

Q25. I have always been taught anger is bad and I should never show it.

0 1 3 5

Q26. Nothing annoys me more than telemarketers. What gives them the right to call my house?

0 1 3 5

Q27. Whenever I or someone around me gets angry, I get

really excited. My heart races and I feel things getting out of control.

0 1 3 5

Q28. I tend to relive the wrongs people have done to me over and over in my head. I just can't shake these thoughts!

0 1 3 5

Q29. When I get angry I punch, throw or break things.

0 1 3 5

Q30. I dislike people who get everything they want in life. Why does everyone else get the breaks?

0 1 3 5

Q31. When people in front of me drive too slow, I get angry. They shouldn't be driving if they don't drive the speed limit!

0 1 3 5

Q32. I tend to find fault with people and things in life. I just wish things would be more the way I would like them to be.

0 1 3 5

Q33. I have dreams in which I get into fights and come out the winner. I like these kinds of dreams because they make me feel good even though they are not real.

0 1 3 5

Q34. If someone has hurt me or wronged me, I will see to it they experience the same kind of hurt as well.

0 1 3 5

Q35. I can't talk about politics, religion or personal subjects without feeling myself getting upset or even angry. These types of topics should not be discussed as they only lead to disagreements.

0 1 3 5

Q36. I tend to work best under stress and pressure. I prefer deadlines because I seem to always get things done at the last minute.

0 1 3 5

END OF QUIZ

Please tally your score (the numbers you circled). Once you have a total, compare it with the following measures:

150 - 180 points Severe Anger Management Problems

120 - 149 points Moderate Anger Management Problems

80 - 119 points Mild Anger Management Problems

30 - 79 points Stressed/Frustrated Easily

0 - 29 points Cool As A Cucumber



If you had a score that was extremely high (the severe anger-management domain), don't fret. I will provide you with the necessary tools for dealing with your anger later in the book.

For now though, it's not your total score you'll focus on, rather the subset scores that match up to each specific category of anger.

There are 12 types of anger you were tested for. Your anger usually falls within one of these 12 types. In order to better understand which specific type of anger you possess, please re-tally your scores using the following method.

Add your scores combining the questions in the following groups:

Subgroups

- | | |
|----|-----------------------|
| 1 | Questions: 1, 13, 25 |
| 2 | Questions: 2, 14, 26 |
| 3 | Questions: 3, 15, 27 |
| 4 | Questions: 4, 16, 28 |
| 5 | Questions: 5, 17, 29 |
| 6 | Questions: 6, 18, 30 |
| 7 | Questions: 7, 19, 31 |
| 8 | Questions: 8, 20, 32 |
| 9 | Questions: 9, 21, 33 |
| 10 | Questions: 10, 22, 34 |
| 11 | Questions: 11, 23, 35 |
| 12 | Questions: 12, 24, 36 |

For each subgroup, you will have a different score. Each score will represent a specific type of anger.

Once you have a score for each subgroup, please compare the score with the matching measures:

Measures

12 - 15	Very High
9 - 11	High
5 - 8	Moderate
1 - 4	Low

If your score for the 3 questions in each subgroup tallies “Very High” or “High”, then you possess the characteristics for that specific type of anger. Generally, most people score highly in more than just one category.

The following subgroups of questions reflect a particular anger type:

Subgroup Anger Type

1	Resistant/Passive
2	Internet/Computer Rage
3	Addictive Anger
4	Petrified Anger
5	Compressive Anger
6	Jealousy
7	Road Rage
8	Conflictual Anger
9	Habituated Anger
10	Passive-Aggression
11	Moralistic Anger
12	Manipulative Anger

Each of the subtypes of anger possesses an “anger component” at the core of the domain. However, there are different reasons for how the anger evolved and why it continues.

In the subsequent chapters, I will provide a working definition of each type of anger focusing on its beginnings, its M.O. (method of operation) and its typical outcome.

Keep in mind, the type of anger you possess may change or shift depending on the events taking place in your life. Also, since most of us experience stress and frustration as a by-product of the busy lives we lead, it would be expected that we would experience some type of anger some of the time.

Let's now discuss each anger type in turn.



How bad is your anger? Do you control it, or does it control you? Has it wrecked your life, or does it hurt the lives of others? This book is informative, interactive and insightful in helping people identify their 'anger type(s)', their triggers, and providing proven anger management tools that will work best for helping people overcome self-destructive anger patterns and behaviors. Furthermore, it will engage readers in helping those who possess 'millennial anger types' provoked by texting habits, online social media and online dating. This book has been used in anger management support groups, colleges, private companies and employee assistance programs with tremendous success. It has been published on 4 continents, and used by thousands of people, who have applied the principles and changed their lives for the better!

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