

# What's it like living with an angry person?

Are you...

- Waiting for the next incident or outburst
- Constantly in a state of awareness being ready to defend yourself or your family
- Often in a state of hyper vigilance and treading on egg-shells

**Then you are probably living with an angry person.**

## Definition of a Survivor:

Someone who cannot be themselves because of the actions / behaviour of others around them.

## HOW does living with an angry person affect you:

By its very nature, anger is not designed to be supportive of the person it's directed at. As a result of living in a continually angry relationship you may begin to feel insecure, anxious, paranoid and fearful.

Anger is about power and as a survivor you may experience yourself as dis-empowered. You may also feel controlled, manipulated and guilty and might wonder how you found yourself in this position.

You feel that every decision you make is threatened and you begin to doubt your ability to make decisions in the future.

Through a process of fear, anxiety and loss of control your self-esteem drops creating a vicious cycle of dependency.

### You may relate to some of the points below:

- Social withdrawal or less social conformity
- Anxiety and emotional turmoil
- Lack of social skills and self confidence
- Depression and/or bouts of sadness
- Inability to accept compliments
- An inability to see yourself 'squarely' - to be fair to yourself
- Accentuating the negative
- Exaggerated concern over what you imagine other people think
- Treating yourself badly but NOT other people
- Worrying whether you have treated others badly

- Reluctance to take on challenges
- Reluctance to put yourself first or anywhere
- Reluctance to trust your own opinion
- Expecting little out of life for yourself

- Self neglect, Eating disorders, Addictions

As a result of any of these you may feel powerless and out of control. You may even feel controlled.  
If one person controls another, it is an unequal relationship.

**Date: Wed 14th Dec 2011**

**Time: 9.00 - 5.00pm**

**Venue: Grand Union Village.**

Food and refreshments  
supplied.

**Cost: £50 refundable deposit**

## What we will cover on the day:

The Trauma Bond

Parent - Child - Adult Transactions

The Drama Triangle

Dealing with Stress Instantly

Increasing your Self Esteem

Building Healthy Boundaries

Keeping yourself and the children safe

Simple strategies for dealing with anger

Understanding the ulterior motive of the angry person

Defusing angry situations instantly

**DATE:** Wednesday 14th Decemeber 2011

**TIMES:** 9.00am to 5.00pm

**VENUE:** Grand Union Village,  
Weaver House,  
6 Higham Mews (off Taywood Rd),  
Northolt, Middlesex  
UB5 6FP

For further enquiries please call:

**tel: 0345 1300 286**

or email: **info@angermanage.co.uk**

Application Details:

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal code: \_\_\_\_\_

Email: \_\_\_\_\_ Tel: \_\_\_\_\_

Mobile: \_\_\_\_\_

How did you hear about this course? \_\_\_\_\_

I understand that if I do not attend OR fail to complete the full day I will not have my deposit returned.

Signed \_\_\_\_\_ Date \_\_\_\_\_