

Newang 1

Angelo

## Venting and Managing Anger

### Venting anger:

#### 1. Say "Unfair"

EXAMPLE: After Harlan, from *Evening Shade*, discusses Ava's sex life in court, Ava gets upset and insists Harlan had no right to discuss her personal life.

#### 2. Blame Someone. This includes seeking revenge.

EXAMPLE: In *Married with Children*, Kelly and Bud are angry that their dates left them. They quell their anger by devising a plan to lure a dog into their date's car.

#### 3. Shouting

EXAMPLE: In the sitcom, *Blossom*, Six and her mother are arguing because Six's mother does not approve of her boyfriend. Six's mother shouts at Six and demands that she not date him anymore.

#### 4. Crying

EXAMPLE: In the TV movie, *A Child Too Many*, Patty learns, after giving birth to twins, that the Davis family only wants to adopt the male twin, not the female. She is outraged that they would split up the infant twins and cries to Mr. and Mrs. Davis to reconsider.

#### 5. Hurting, breaking, destroying. This includes physical retaliation and taking out frustrations on inanimate objects.

EXAMPLE: In the show, *Top Cops*, a man is upset because his wife and daughter have locked him out of the house. He releases his frustration by banging on the door.

EXAMPLE: In the film, *When Harry Met Sally*, the two main characters, Harry and Sally, are bickering at their friends' wedding. Harry makes a comment that infuriates Sally, and Sally, in response, slaps him.

#### 6. Threatening

EXAMPLE: In *Northern Exposure*, Joel gets mad at the electrician who is fixing his VCR. He does not believe the VCR was properly fixed and threatens to go to the Better Business Bureau.

#### 7. Insulting

EXAMPLE: In the show, *Melrose Place*, Michael and Jane are arguing about their divorce settlement. Michael believes Jane received too much money and accuses her of being a greedy gold-digger.

## 8. Foul Language

EXAMPLE: In *Murphy Brown*, Stuart, a lawyer, is offended when the FYI staff starts insulting lawyers. As Stuart reprimands the staff, he says "damn."

## 9. Any Combination of the Above

### Managing anger:

1. Recognizing own anger. This includes apologizing, analyzing angry outbursts, relaxation, self-instruction, and acknowledging fault.

EXAMPLE: After Mike from *Saved By the Bell* yells at the guys for playing poker, he apologizes for his outburst.

EXAMPLE: In a scene from *Murphy Brown*, Miles yells at the staff for being uncooperative. Immediately afterwards, he starts to worry about why he had the outburst.

EXAMPLE: Jesse and Joey of the sitcom, *Full House*, are arguing about what name to give their radio call-in show. After a few minutes of bickering, they both admit that their argument is petty and immature.

2. Talks to self. This includes rationalization.

EXAMPLE: When Kelly from the TV sitcom, *Coach*, is upset because she did not get any job interviews, she tries to rationalize the situation to calm herself down.

3. Runs away. This includes physical dimensions, such as leaving the unpleasant situation, and cognitive dimensions, such as changing the subject.

EXAMPLE: In the TV movie, *A Child Too Many*, a frustrated parent is arguing with an adoption agency representative. In the middle of the argument, the parent walks out of the representative's office.

EXAMPLE: In the sitcom, *Family Album*, a husband and wife are quarreling when the wife, in order to end the debate, abruptly announces that it is time for bed

4. Listens to target of anger. This includes listening to reason and discussing a resolution.

EXAMPLE: A police officer from the show, *Cops*, is talking on the phone with a suspect who refuses to leave his home. The officer