



Julie A. Christiansen

THE
RISE
OF
RAGE
WORKBOOK

**Harnessing the Most
Misunderstood Emotion**

The Rise of Rage: How to Harness the Most Misunderstood Emotion Workbook

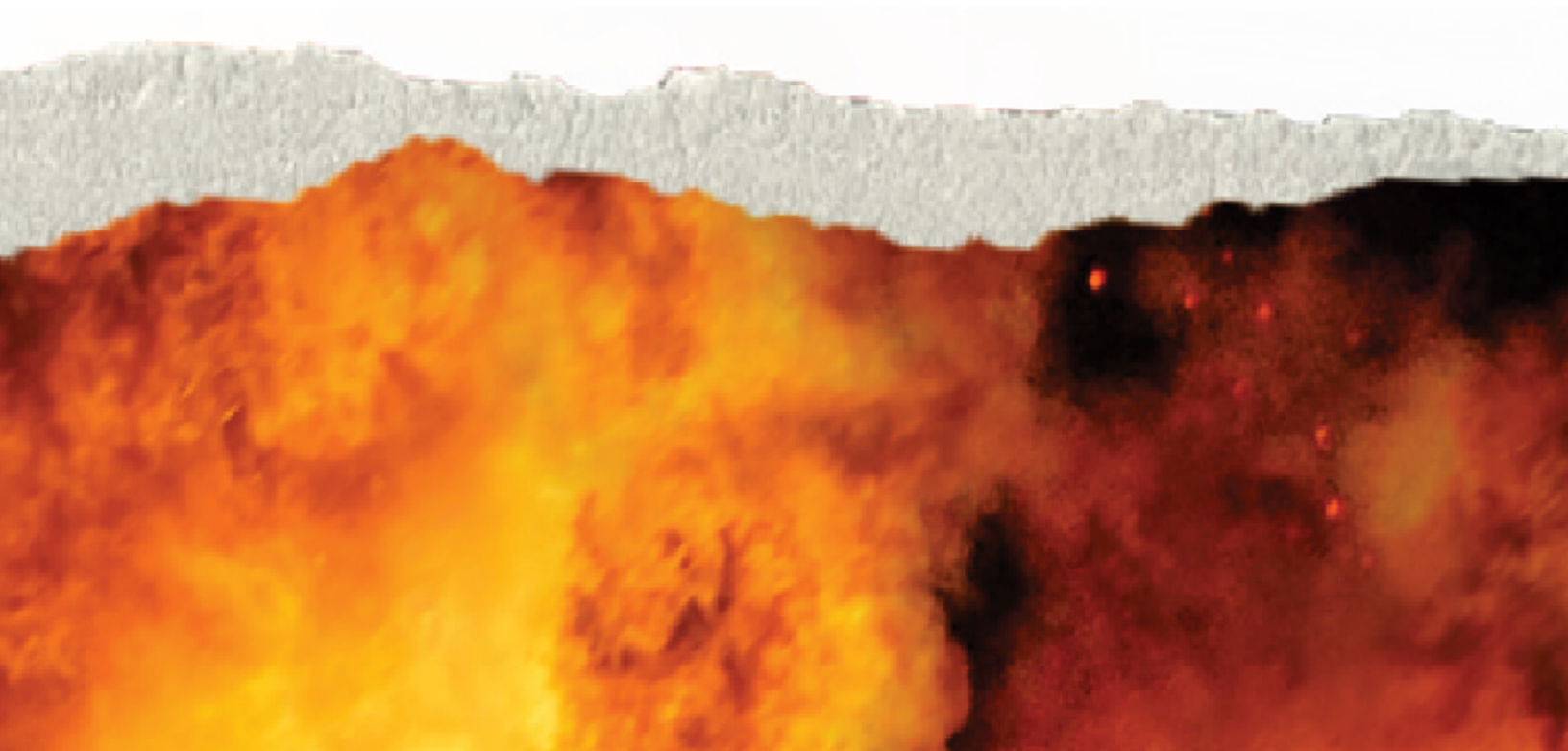
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01 *The Rise of Rage*

Summary

1. Anger has historically been equated with aggression and punitive or retaliatory behaviour.
2. Emotions must be felt, acknowledged, and expressed.
3. The problems that ignite big feelings must be resolved.

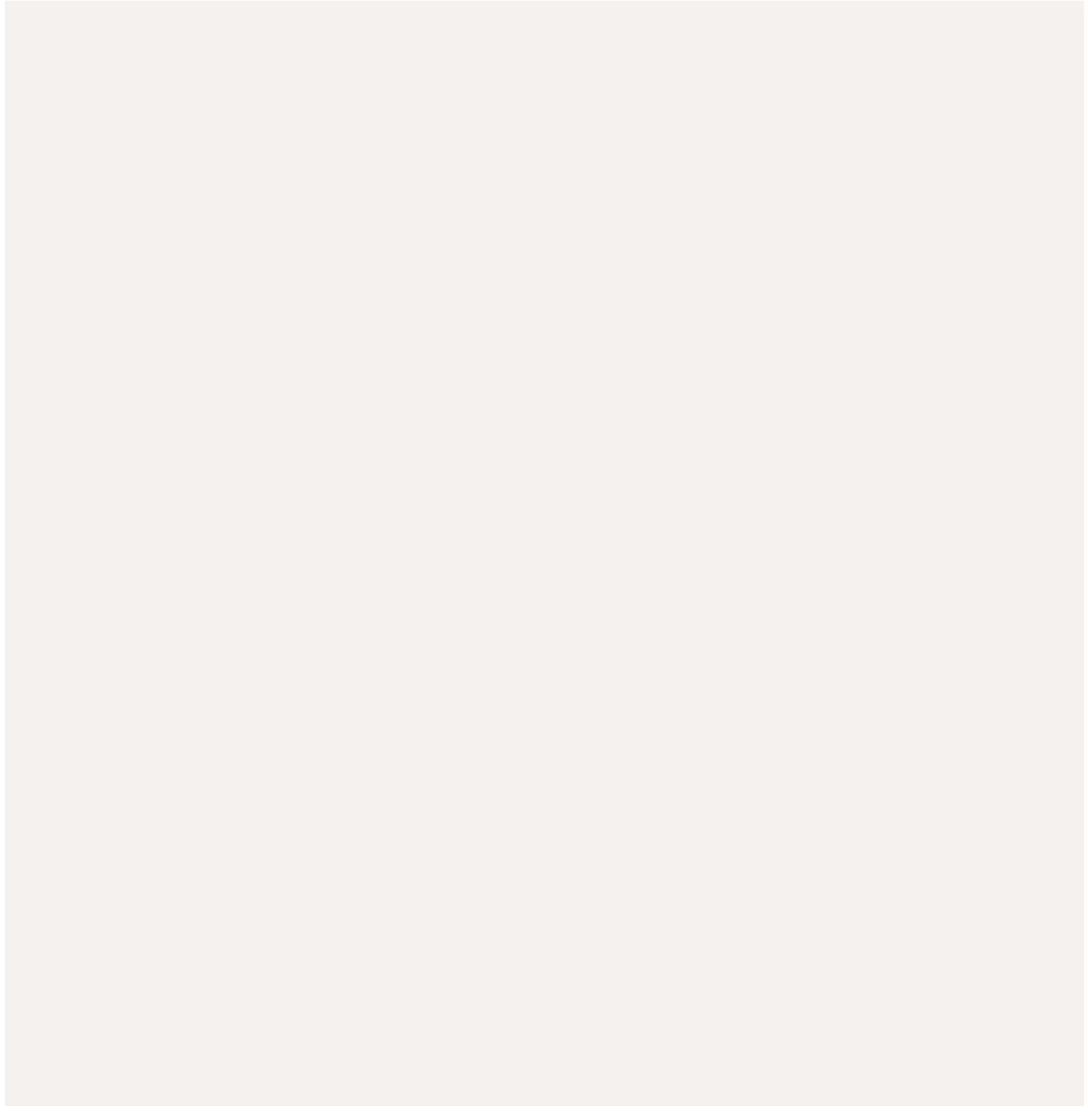


Reflection Page

What are your motivations for reading *The Rise of Rage*?

Of the possibilities I presented, which of them resonates most deeply with you?

Journal your thoughts in preparation for the next chapter.



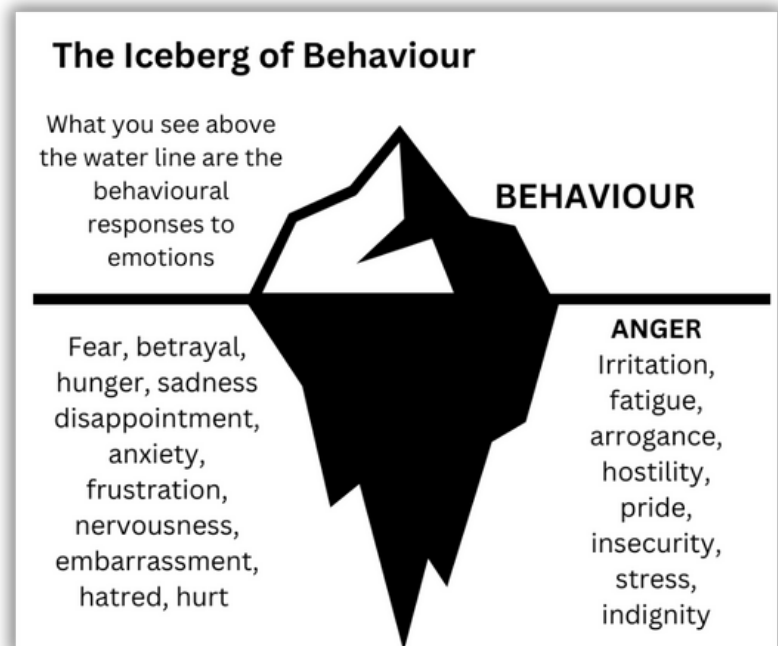
02

What We Don't See

Summary

- 1) Anger is an emotion – a basic emotion that is universally experienced and recognized.

- 2) There are ten common styles of expressing anger. Which styles do you identify with most closely?
 - a. Bottler
 - b. Controlled blaster
 - c. ACME poster child
 - d. Chronic venter
 - e. Scrapper
 - f. Iceberg
 - g. Conductor
 - h. Captain Criticize
 - i. Snake
 - j. Give and Take



Reflection Page

Which anger styles do you tend to use the most? Where did you learn these styles? What are the benefits of using them? What are the negative consequences of using each of your preferred styles?

A large, empty rectangular area with a light beige background, intended for the user to write their reflections on anger styles.



Action Step

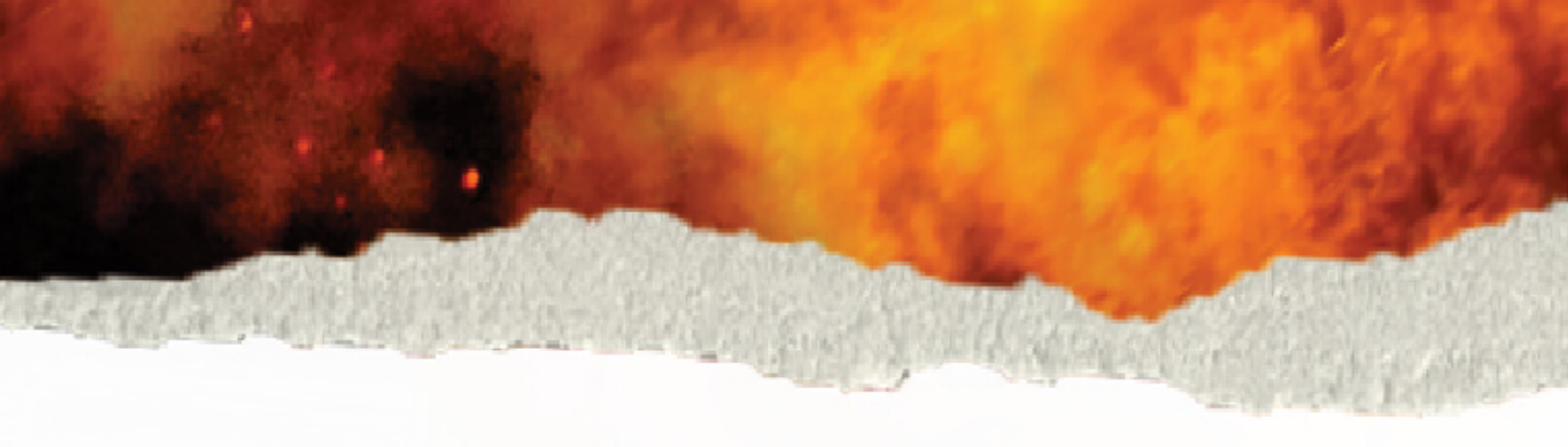
As you journal your responses, consider how at least TWO circumstances in your life might improve if you found a way to express anger that garnered all the benefits you want **without** any of the negative consequences.



Circumstance #1



Circumstance #2



03 *I'm a Believer*

Summary

Belief is the basis of action.

We busted certain myths about anger:

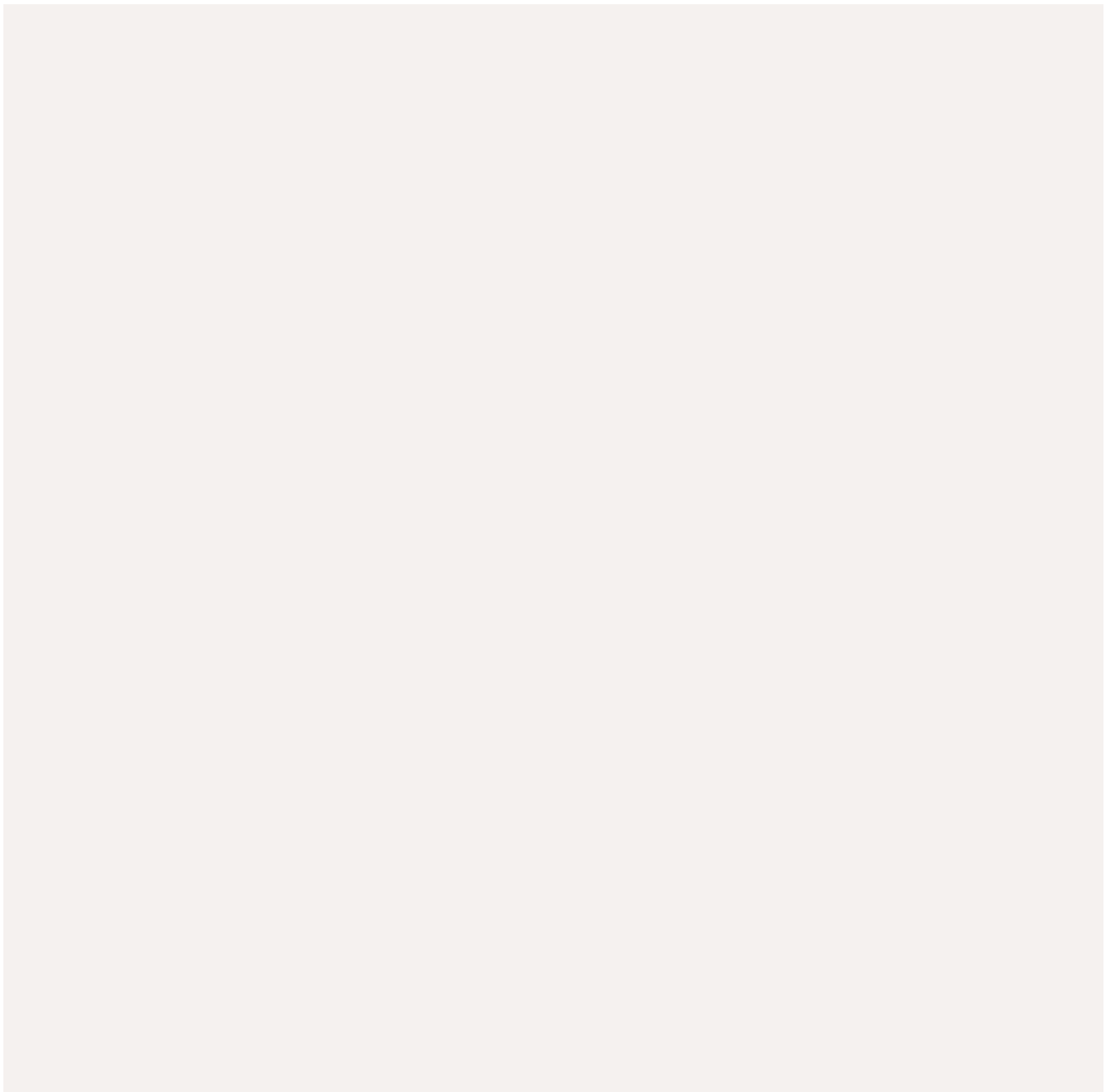
- a. Anger is emotion.
- b. Anger should not be judged as bad or wrong.
- c. Anger is to be expressed, not controlled.
- d. Anger is not aggression.
- e. Women and children are entitled to feel and express emotions.
- f. Expressing anger does not necessarily result in negative outcomes.

When anger is ignited, the upstairs brain steps back while the downstairs brain runs the show.

We are motivated by pleasure and pain; however, humans are more motivated to avoid pain than they are to seek pleasure.

Reflection and Action Step

Make a list of the things you believe. Use the *Beliefs Cheat Sheet* on the next page. What do you believe about religion, money, family, politics, education, the world of work, travel, the environment, or about life in general? Consider which of your beliefs are limiting or empowering. Do any of your beliefs need to be reviewed, challenged, or upgraded?



Beliefs Cheat Sheet

What springs to mind when you fill in the blanks for each of these prompts?

- 1 Religion is:

- 2 People are:

- 3 Politicians are:

- 4 Love is:

- 5 Life is:

- 6 Work is:

- 7 My purpose is:

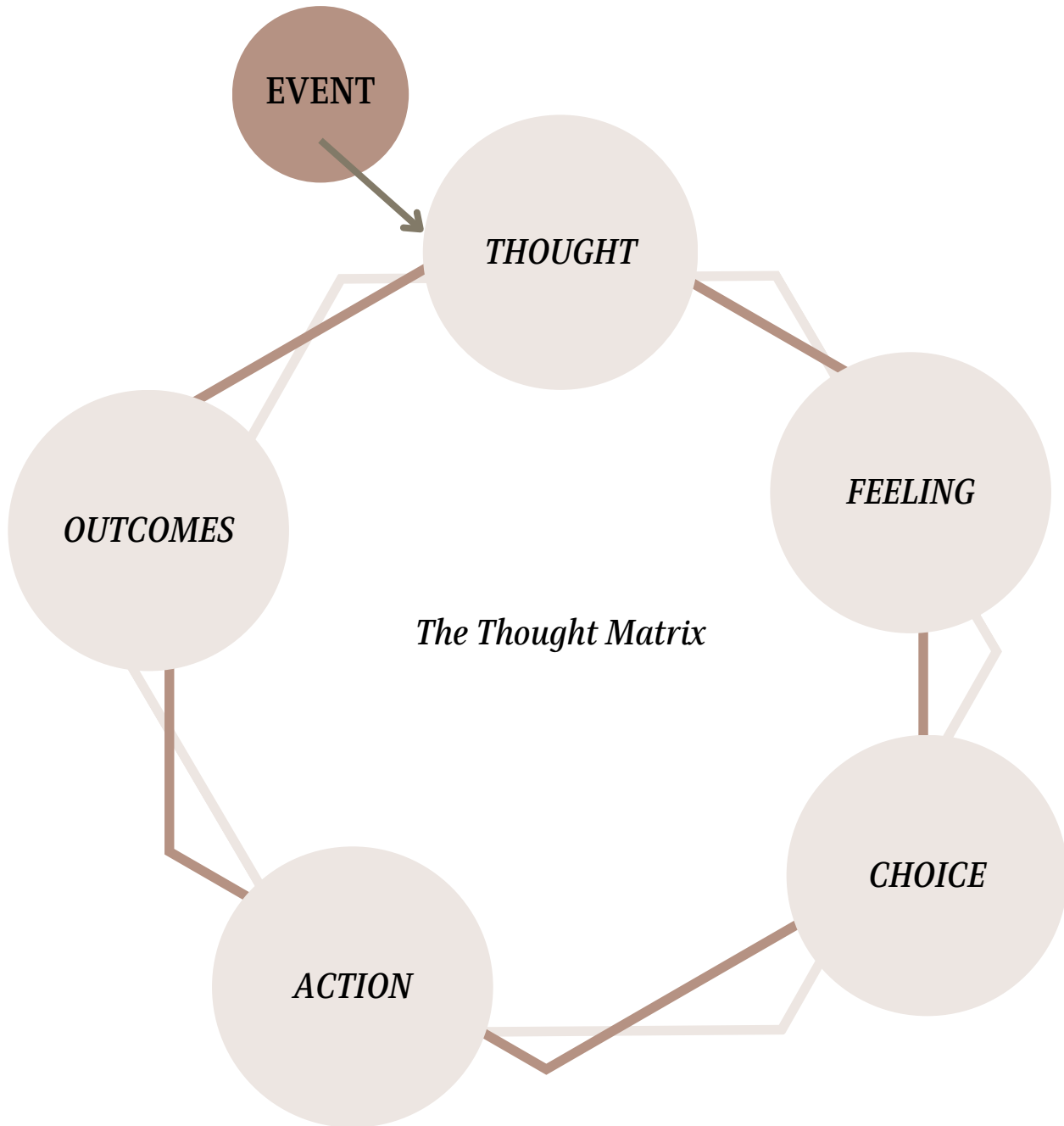
- 8 Money is:

- 9 Education is:

- 10 Travel is:

When you dig deeper, what else do you believe? How do your actions reflect your beliefs?
Are your beliefs empowering or limiting? Which beliefs need to be challenged?

The Thought Matrix





04 *What Did You Expect?*

Summary

Anger develops when our experiences do not meet our expectations; we feel a frustration signal every time our perceived world is in negative balance with the ideal world.

E + R = O: Event plus response equals outcome. It is not your experiences that create your outcomes, it is your responses to those experiences.

The decision-making engine that leads to immediate and lasting transformation is T.S.A.

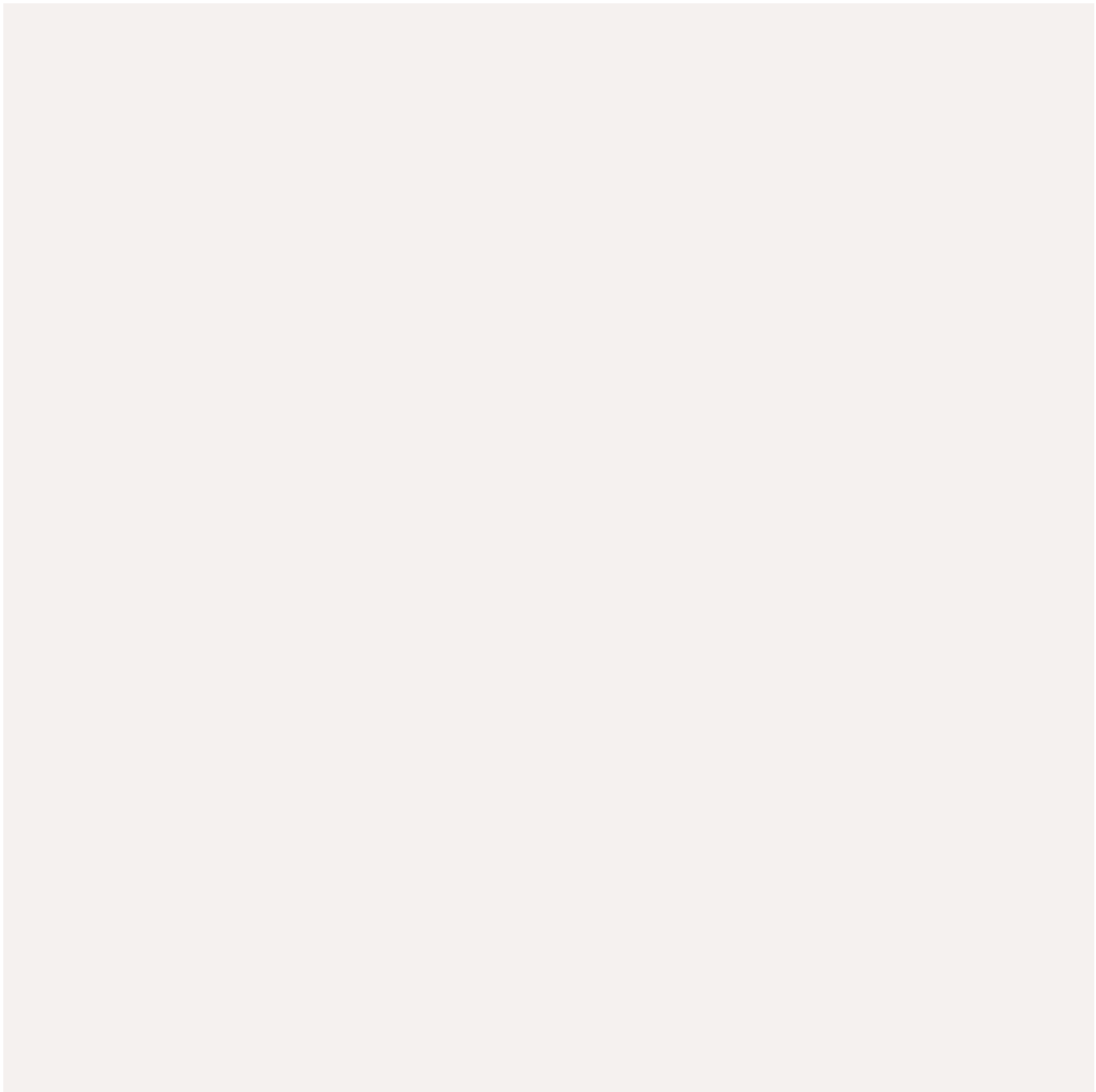
Think: What is happening? What does it mean? How do I feel? What is my desired outcome? What can I do to achieve that outcome? What is the best/worst thing that can happen if I choose option A, B, or C? What is the lifetime value of this event?

Say: This is how I feel about this presenting problem. I need, want, believe... These are my expectations, boundaries, or rules.

Ask: Are you willing to help me solve this problem? What can we both do differently so that we do not have this problem in the future?

Reflection and Action Step

List one personal example for each of the ways in which anger can be triggered. How did you respond in those situations? Can you identify the anger style of expression you used? What was the outcome in each case? If you could re-visit each experience using T.S.A., how might the result have been different?





Action Step

On the next page, you will find the T.S.A. Cheat Sheet.



Action Step

Use the T.S.A. Cheat Sheet whenever you are faced with a conflict, confrontation, or a problem that evokes a frustration signal.



T.S.A. Cheat Sheet

Think



What is happening? What does it mean? How do I feel? What is my desired outcome? What can I do to achieve that outcome? What is the best/worst thing that can happen if I choose option A, B, or C? What is the lifetime value of this event?

Say



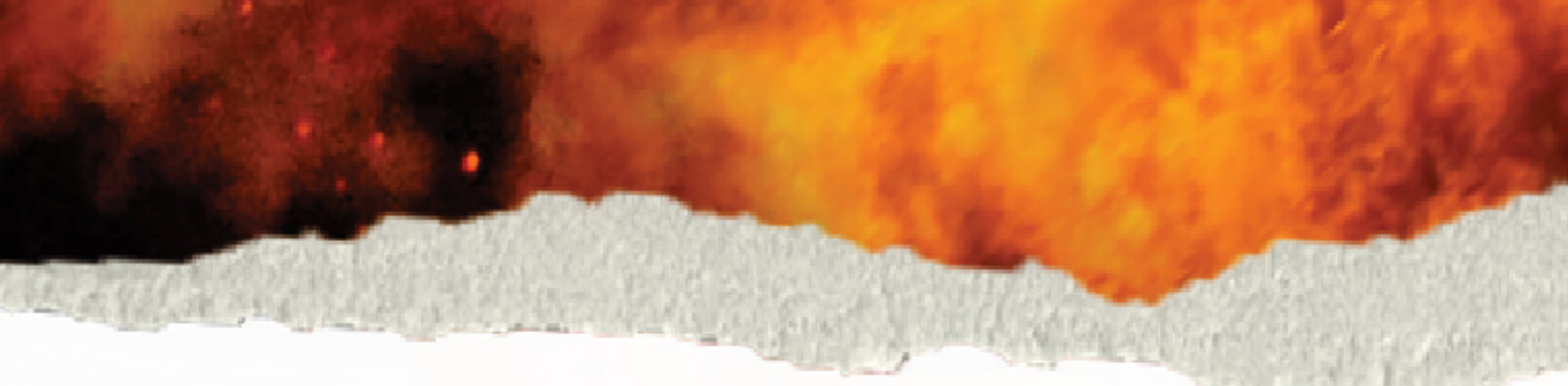
This is how I feel about this presenting problem. I need, want, believe... These are my expectations, boundaries, or rules.

Ask

A white rounded square icon with the word "Ask" in a light gray font, inside a light gray circle.

Ask

Are you willing to help me solve this problem? What can we both do differently so that we do not have this problem in the future?



05 *Your Circus, Your Monkeys*

Summary

Heuristics or thinking shortcuts inform biases or the assumptions we make about people, groups, situations, or things.

Faulty, irrational, or distorted thoughts lead to poor choices and even poorer outcomes.

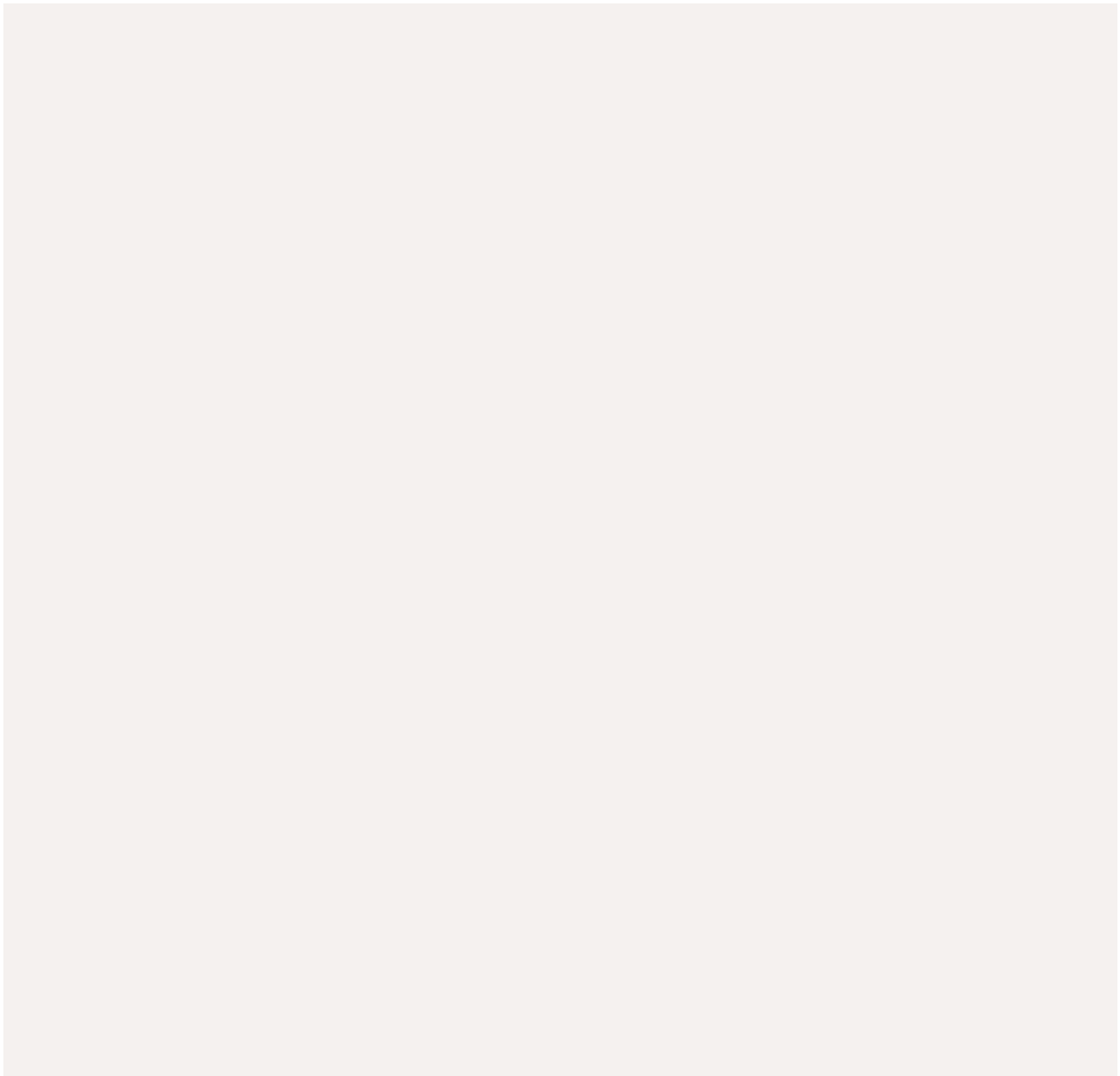
We can control nothing in our external environment.

The key to shifting away from crooked thinking is to first challenge irrational beliefs and replace them with more realistic ones.

Reflection and Action Step

1. Review the worksheets for this chapter: “Putting Crooked Thoughts on Trial” and “Destroying the Fallacy of Control”.

2. As you work through the exercises, consider if you have an internal or external locus of control. How can you continue to practice processing your experiences from a more internal locus of control?



Put Your Thoughts on Trial!

Identify the thought

**Argue your evidence in
defense of the thought**

**Argue your evidence
against the thought**

State your verdict



Destroying the Fallacy of Control

1. Identify a problem you are currently facing, which is contributing to a great deal of distress.
2. In the column on the left, list all the things about this problem that you cannot control.
3. In the column on the right, list all the things that are within your control. Make a commitment to release all those aspects you cannot control.

A large, empty rectangular area with a vertical line down the center, intended for writing. The area is divided into two columns by a single vertical line. The background is a light beige color.



06 *Muddled Mindset*

Summary

ACEs and the ensuing trauma can negatively impact or contribute to the way we respond to events as we grow and mature.

Functional fixedness and mental set can impede effective problem-solving and may contribute to feelings of being stuck.

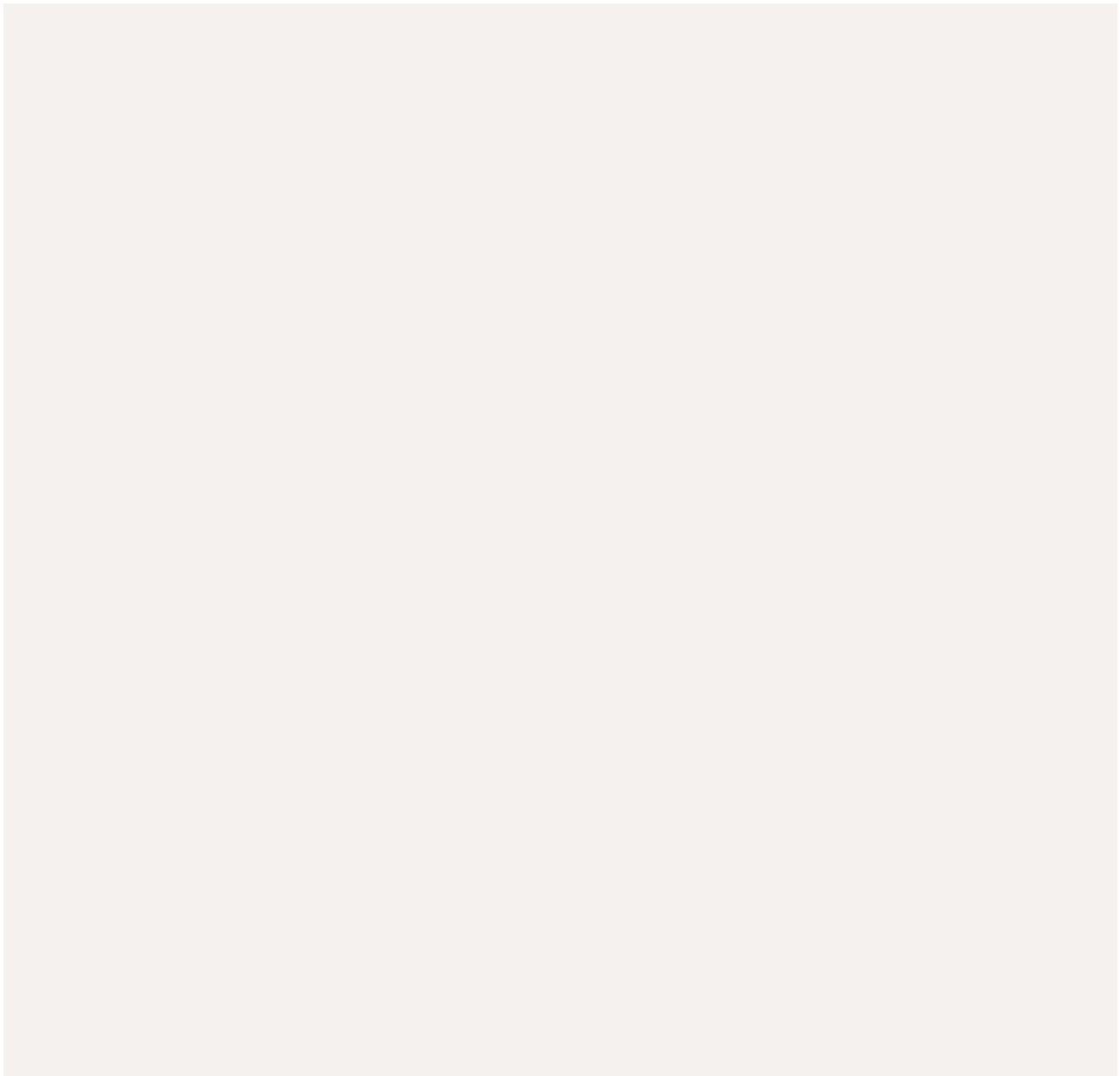
How to Bring Your 'A' Game:

When attempting to process and shift anxious thoughts or behaviors follow this model: become aware of what you are doing or thinking; **acknowledge** the behavior without judgement; **accept** that it is happening in the moment; **assess** the reasons for the behavior or thought; **adapt** and **adjust** your thoughts and choose alternative behaviors.

Reflection and Action Step

1.Can you identify areas in your life that are affected by functional fixedness? Are there aspects of your mental set that need to be shifted or adapted?

2.Have you ever found yourself in a situation wishing like Ella that someone would just come and “magic” a solution for you? Knowing what you know now, what would you do differently if you ever find yourself in a similar circumstance?



Bring Your 'A' Game!

ACKNOWLEDGE the habitual thought or behavior.

“I notice that I am doing... or thinking...”

Write a sentence that demonstrates your *ACCEPTANCE* of the habitual thought or behavior.

ASSESS the reasons for your turning to the habit:

Bored

Lonely

Angry

Sad

Tired

Some other reason?

ADAPT and *ADJUST*! What can you do differently to break the behavior pattern? How can you shift your thoughts to change your state? Write your ideas here.



07 *Kill the Monster When It's a Baby*

Summary

Bullying is repeated aggression with the intent to harm another, where a power imbalance exists between the bully and the target.

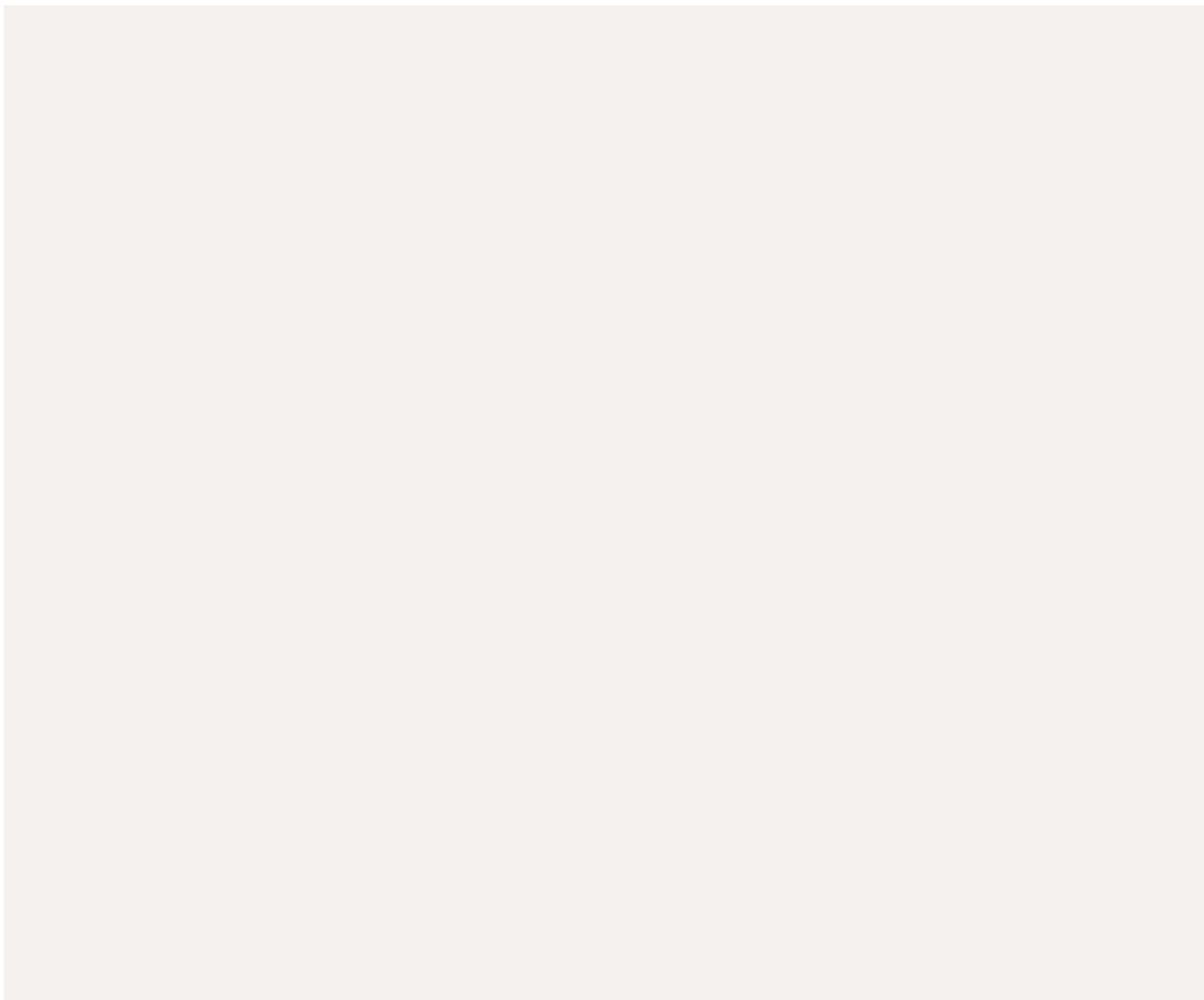
Every problem is, at its heart, a relationship problem. Bullying and other aspects of school violence or aggression are, at their heart, relationship problems.

With school violence on the rise, viable, actionable solutions are desperately needed to reverse this alarming trend. Mental distress in secondary and postsecondary students is also trending upward.

Wherever you go, you take you with you. Resolving ACEs early and normalizing therapy are ways to kill the monster while it's a baby.

Reflection and Action Step

1. Do you believe your ACEs still influence your adult decisions?
2. How might your coping and communication strategies be different had you experienced the opportunity to unpack and resolve the trauma associated with your ACEs when you were younger?
3. In your school years, were you a bully, a victim, or a bystander?
4. If you could go back, what would you change about how you attempted to get your needs met?
5. Document here or in your journal: with the knowledge and insight you have now, what can you begin to change today about how you express your anger and resolve your problems?





08

There's an App for That

Summary

Having technology at our fingertips may contribute to lowered impulse control, emotional dysregulation, problematic smartphone use, increased aggression, and desensitization to sex and violence.

The opposite of addiction is connection.

Before the addiction was the problem, it was the solution. Learning to identify and express emotions appropriately and early is a strong preventive measure against addiction in the teen and adult years.

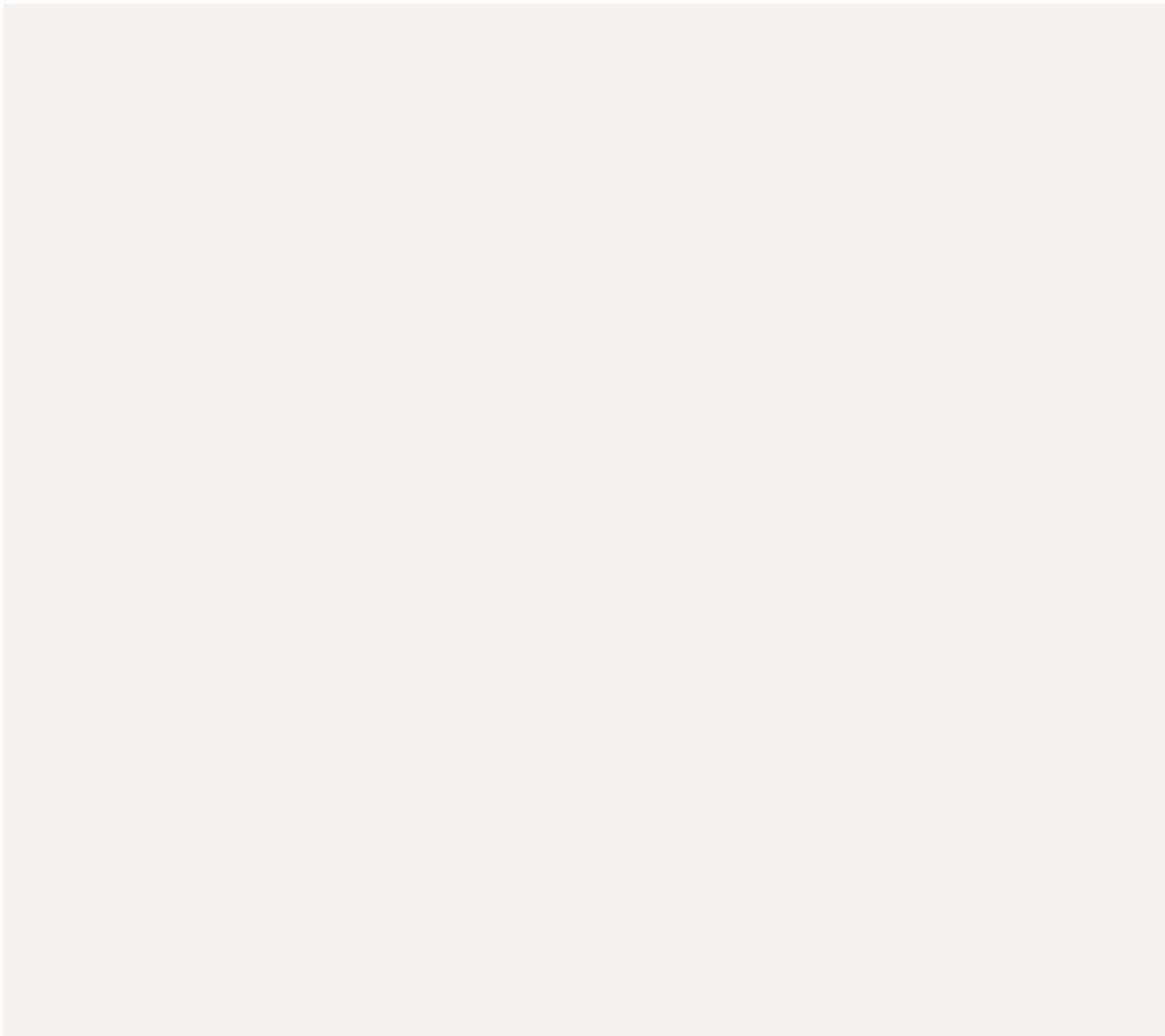
We can apply TSA and our critical thinking skills to our relationship with technology.

Reflection and Action Step

1. If your smartphone were a person, what would it be like? What would it look like? How would you describe your relationship with it? Is it a healthy relationship or a toxic one?
2. If you realize your relationship with your smartphone is toxic, what steps can you take today to make it a healthier, more balanced relationship?

ACTION STEP:

Make a list of the strategies you could implement to set boundaries with your phone.





09 *Cut the Red Wire*

Summary

Failure to lead with compassion and empathy may be the impetus behind the phenomenon dubbed, “quiet quitting”, which is a symptom of anger in the workplace.

Poor communication contributes to workplace toxicity.

Intermittent explosive disorder is a disorder of behavior regulation and is a subtype of impulse control disorder. To diffuse IED:

1. Practice self-regulation.
2. Clear a path between your upstairs and downstairs brain (breath work is key).
3. Cut the incendiary trigger (the red wire).
4. Scramble the angry circuitry.
5. Control your chaos.

We can apply conflict resolution tools and Anger Solutions-informed communication strategies to work through workplace conflict.

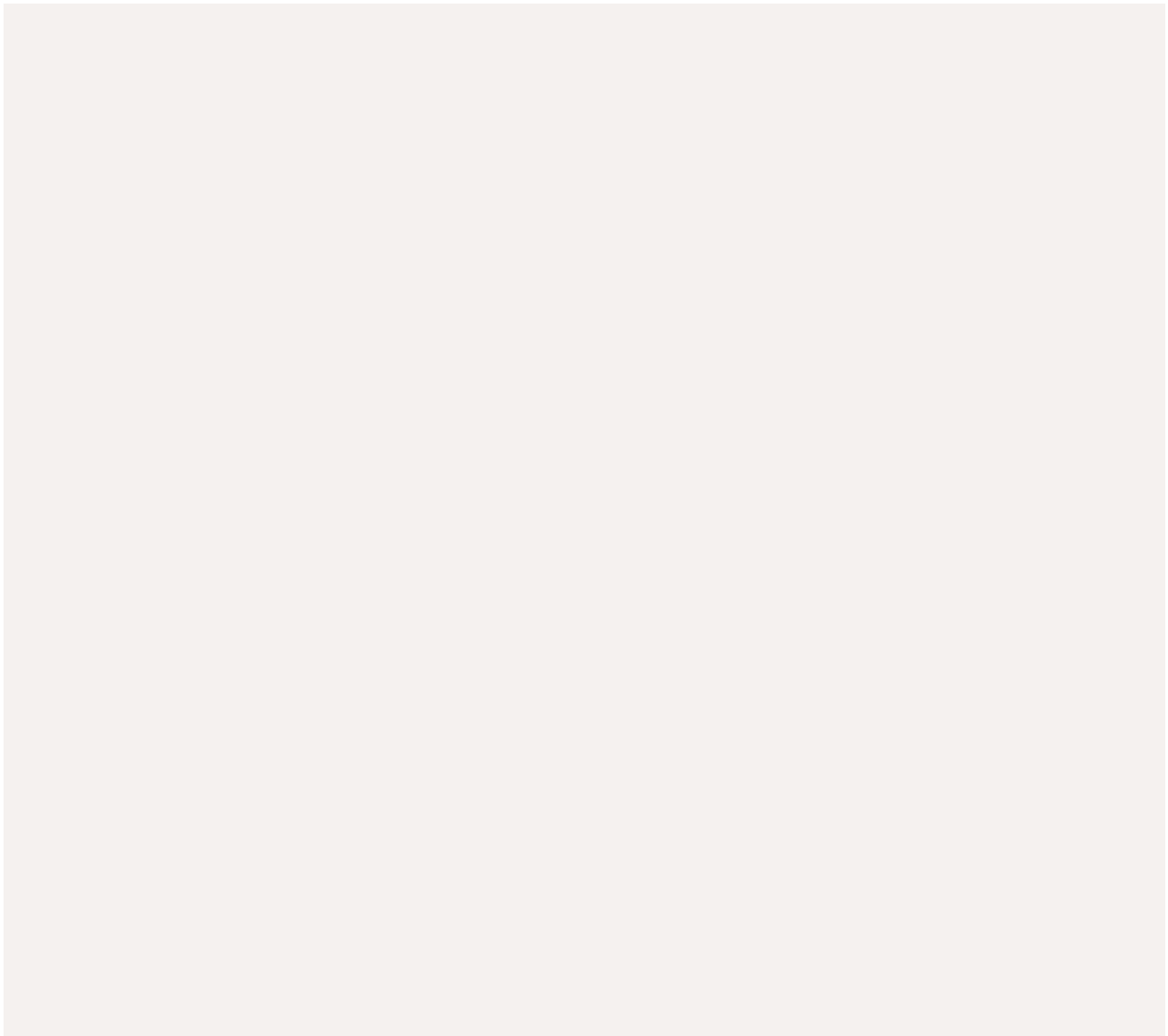
Anger inoculation includes four phases: awareness, knowledge and skill acquisition, knowledge and skill application, and assessment.

Reflection and Action Step

1. When you are faced with conflict in the workplace, what is your go-to strategy for dealing with it? Do you choose avoidance, try to control the situation, compromise, or collaborate?

ACTION STEP:

Think of a situation happening in the workplace right now that holds the potential to become explosive. How might you apply the principles in this chapter to achieve a peaceful and agreeable resolution to the problem?





10 *We Need to Talk*

Summary

Words have power.

The language of shame is demoralizing and paralyzing. For generations, shame has been weaponized to rob people of their voice and their autonomy.

Assertiveness is the healthiest form of communication. Having a positive self-esteem makes one more assertive; gaining successful outcomes as a result of assertiveness grows one's self-esteem.

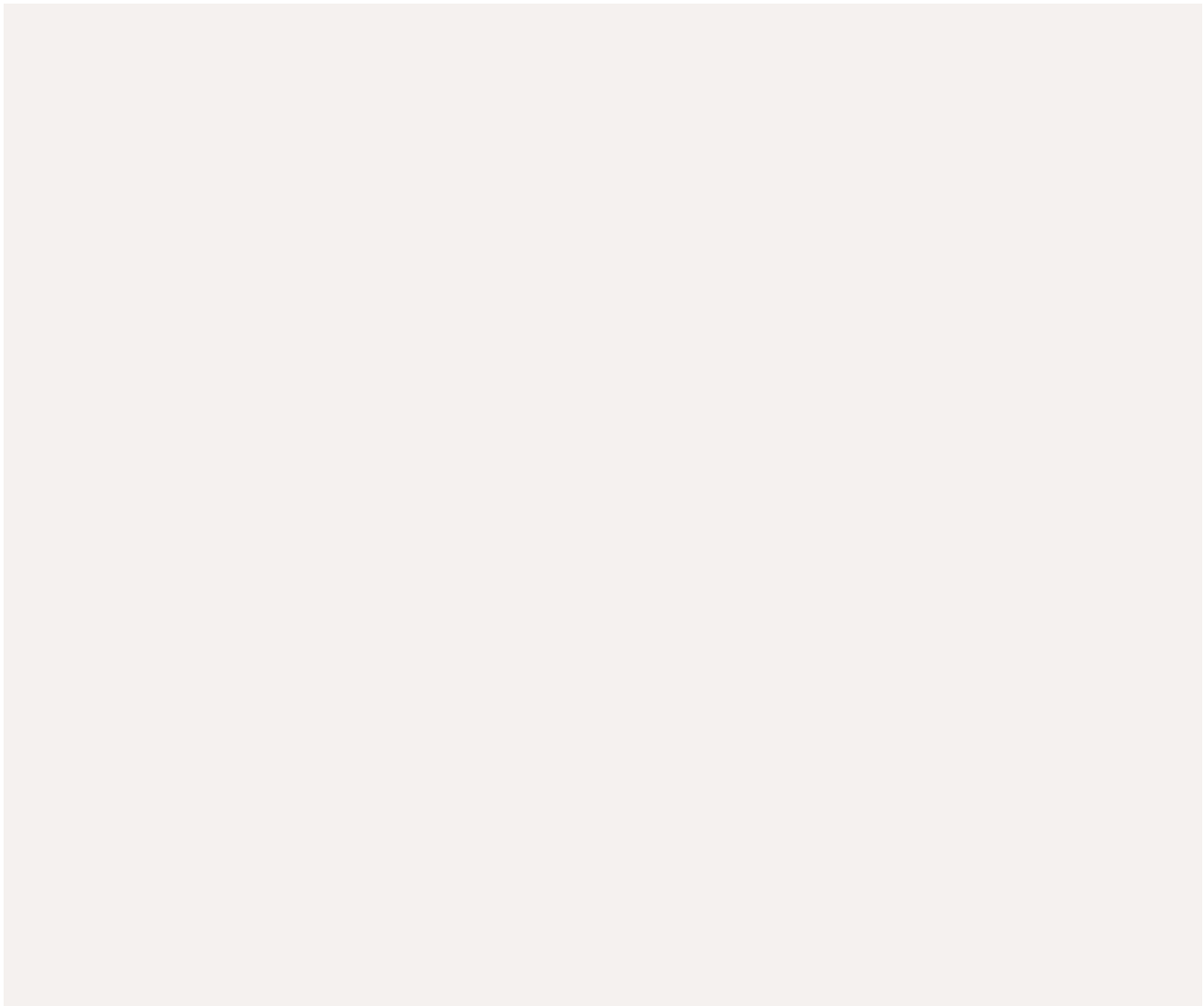
We always have choices. The goal is to make the right choices, to feel good about those choices, and to enjoy both the short- and long-term pleasurable outcomes that result from those right choices.

Reflection and Action

1. Have you personally experienced the weaponization of shame? Journal about the experience and what you learned about yourself and others as a result.
2. Does assertiveness come easy or hard for you? Why? What one thing about your communication style could you change today to become more assertive?

ACTION STEPS:

Review the Choice Matrix Cheat Sheet and the Communication Styles Cheat Sheet. Take note of the types of choices you tend to make. What would it take for you to make more Right Choices that Feel Good that lead to both Short-term and Long-term Gain? What is your preferred communication style? What would it take for you to employ more assertive communication strategies in your every day life?



Wrong Choice
Feels Bad
Short-term Pain
Long-Term Pain

Wrong Choice
Feels Good
Short-term Gain
Long-Term Pain

The Choice Matrix

Cheat Sheet

Right Choice
Feels Bad
Short-term Pain
Long-Term Gain

Right Choice
Feels Good
Short-term Gain
Long-Term Gain

Communication Styles

Cheat Sheet

Aggressive

Expresses wants, ideas, and feelings at the expense of others. Often engages with aggressive or abusive behavior and/or language.

Intent: to dominate or humiliate.

Passive

Expresses wants, ideas, and feelings in a self-depreciating way, if at all.

Intent: to please.

Passive-Aggressive

Expresses wants, ideas, and feelings using indirect, manipulative, sarcastic, or snide remarks.

Intent: to best others.

Assertive

Expresses wants, ideas, and feelings in direct and appropriate ways. Clear, empathetic, honest discussion.

Intent: to communicate.



11 *Two Ears, One Mouth*

Summary

Lectures and monologues hinder collaborative problem-solving.

Engagement in true dialogue means we listen to our internal and external perceptions AND read between the lines.

Dialogue is a two-way process involving the giving and receiving of information.

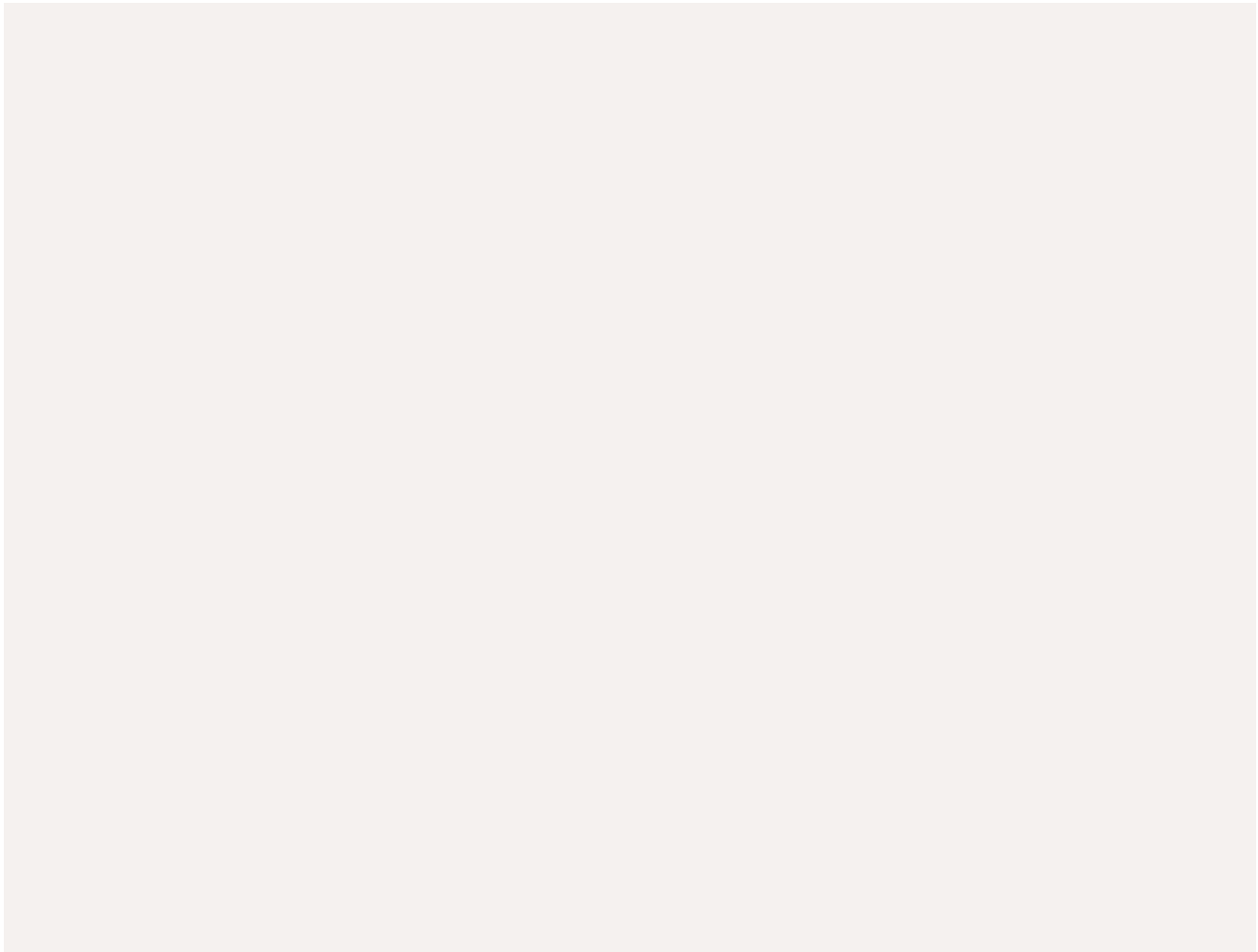
Listening is an essential skill in the anger resolution process.

Reflection and Action

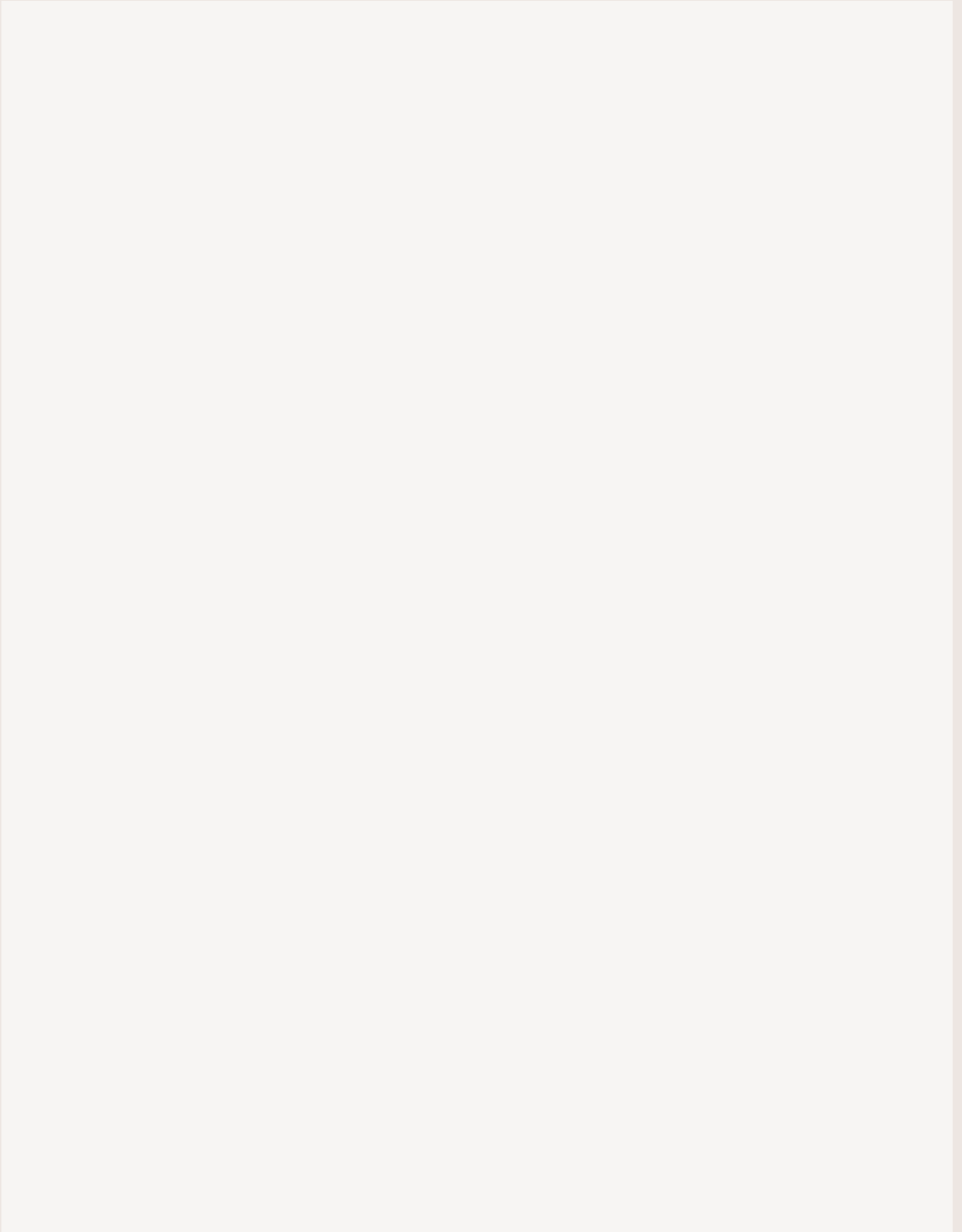
1. Consider the FRIEND formula (see cheat sheet on next page) for active listening.
Are you a strong listener?
2. Do you tend to interrupt because you are listening with the intent to reply rather than the intent to understand?
3. What changes could you make to your facial expressions, body language, and focus so that you can be a better listener?

ACTION STEPS:

1. Complete the “Good Listener” Checklist to see how you rate as a listener.
2. Review the FRIEND formula and Demonstrating Understanding Cheat Sheets on the following pages.
3. Practice the steps in Demonstrating Understanding with a friend. Document the results.



Notes



The Good Listener Checklist

- Do you set aside what you're doing so you can focus on the person speaking?
- Are you sensitive to gestures, voice tone, and facial expressions?
- Is it obvious to the speaker that you respect their opinion even if you disagree?
- Do you give equal floor time? Do you encourage others to speak?
- Do you give feedback and demonstrate understanding?
- If you don't understand something, do you ask questions to clarify?
- Do you remain open-minded and empathetic even in a disagreement?
- Does your body language communicate openness, empathy, acceptance, and assertiveness?
- Do you have difficulty waiting for other party to finish talking?*
- Do you respond with judgmental statements?*
- Do you use verbal aggression or abuse to intimate others into accepting your point of view?*
- Do you race to respond before the other party has finished speaking?*
- Do you finish other people's sentences for them?*

Questions 1-8: Give yourself 1 point for each question you checked off. Questions 9-13: Give yourself 1 point for each negative response.

How did you score?

Before you check your score, did you remember to give yourself a reverse score for the questions marked with an asterix?

10-13: You're an exceptional listener! Keep up the good work!

7-10: You have the potential to be an exceptional listener. Continue honing your listening skills to become more centered.

1-6: You understand the principles of good listening, and you may have some challenges incorporating all the aspects of the FRIEND formula. Go back, review it again, and highlight those areas that require further skill development.

FRIEND Formula

Cheat Sheet

Follow with verbal prompts.

Respect people's right to speak
and be heard.

Invite people to speak.

Encourage the speaker to discover
their own solutions.

Nodding, smiling, making appropriate
eye-contact: Non-verbals!

Defer judgement! Stay focused.



12 *Maybe Swearing Will Help* Summary

Sometimes swearing, a form of catharsis, helps to reduce the physical and emotional pain experience. Swearing about a situation is different than hurling verbal abuse at a person.

Catharsis can be used in the Anger Solutions process to expel or release any residual emotional energy.

Residual anger can be released through catharsis using physical, emotional, ritualistic, or creative forms of expression.

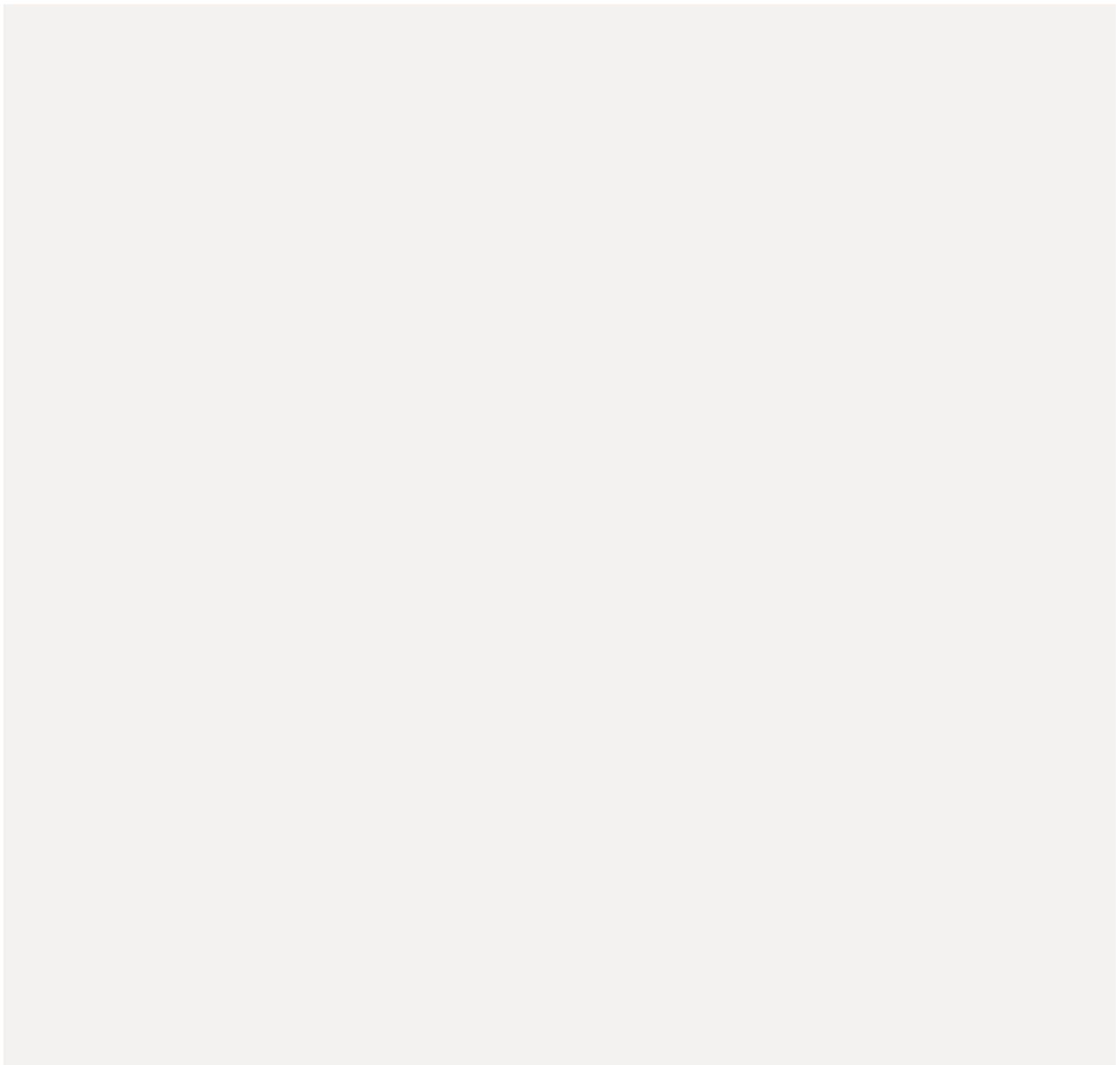
Without effective verbal processing of the problem, catharsis may prove less effective.

Reflection and Action

Have you ever felt like you would just explode if you didn't find an outlet for your emotions or your pain? What did you do to find relief. Document it here, and explore how you felt after the activity.

ACTION STEPS:

Go to the website: www.angersolution.com/the-rise-of-rage to access the audio program, *Anger Solutions Releasing Residual Anger*. Document or journal your experience of releasing your emotions using the 'empty chair' technique.





13 *Let it Go*

Summary

Forgiveness is essential to healing. It doesn't mean you approve or sanction what was done, but forgiveness means to offer pardon, to no longer allow the harm to take up emotional real estate in your head and heart.

Flaws in memory may contribute to us embracing a false narrative that stokes the flames of unforgiveness.

There are a host of emotional and physical health benefits to forgiveness. The road to forgiveness includes telling and reframing your story, taking breaks from the pain, revising expectations, and making forgiveness a habit. Forgiveness is a choice.

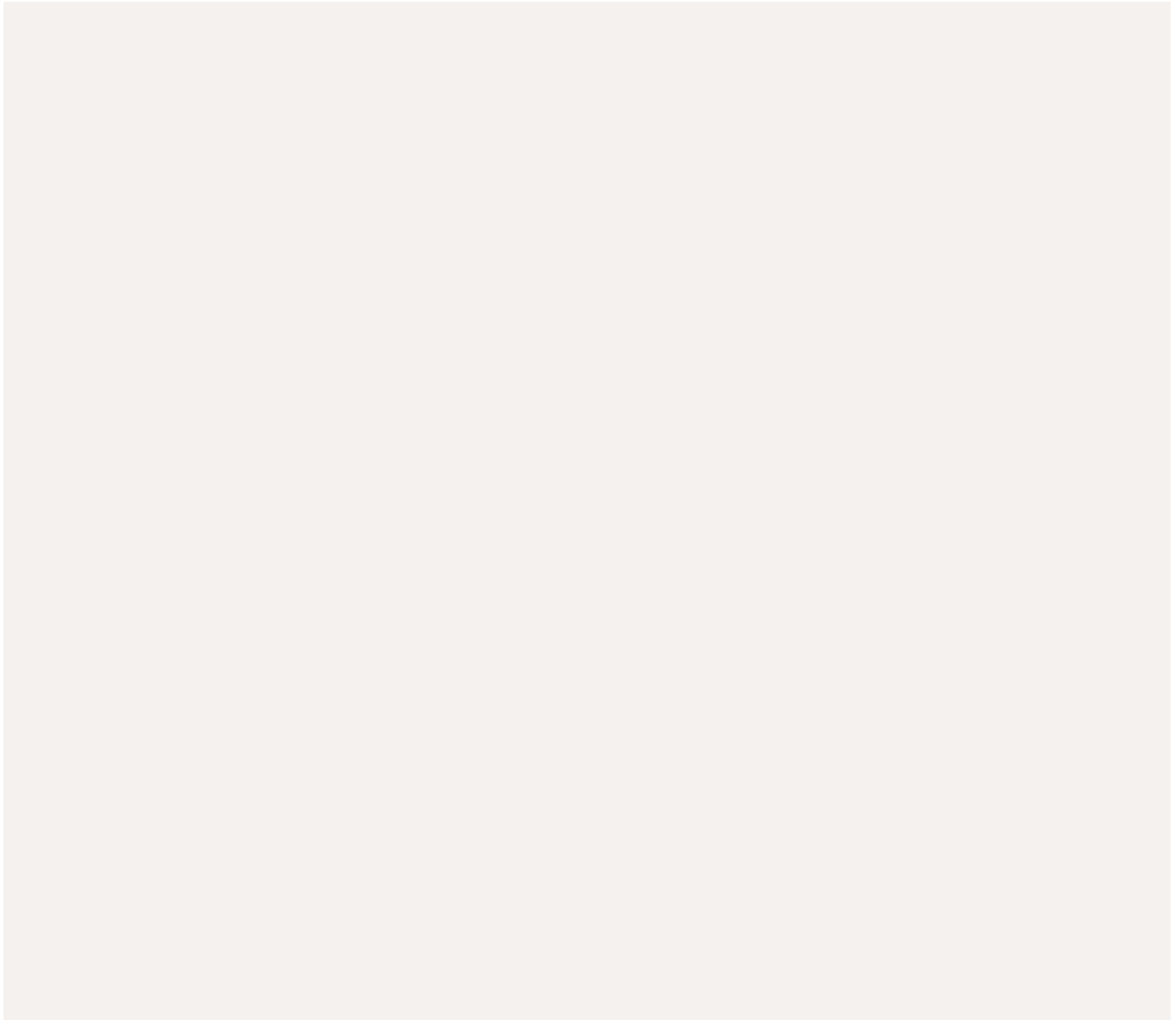
Reflection and Action

Whom in your life do you need to forgive? When you think of the harm that was done, how does your body respond (e.g., Can you feel your heart racing? Does your head ache? Does your body become tense)?

Imagine what it would feel like to be able to think of the index event and feel no pain, no hurt, no anger, no tension. Write your reflections in your journal.

ACTION STEPS:

Practice the steps on the road to forgiveness by applying them to the index event identified in your reflection. Document the results or your learnings along the way.





14 *You Don't Have to Like it, but You Have to Accept It*

Summary

Everything that happens in life changes you. Rather than wishing something had never happened, embracing positive acceptance allows you to stop clinging to the fallacy of control.

Acceptance is not resignation or defeatism; rather, it is a choice to stop wishing things were already different.

Choice theory posits that actions, thoughts, emotions, and physiological responses are the four components that comprise total behavior.

When faced with seemingly impossible problems, we can either change our expectations or change ourselves.

Reflection and Action

When you consider the car analogy in the total behaviour model, what aspects of your car require an overhaul?

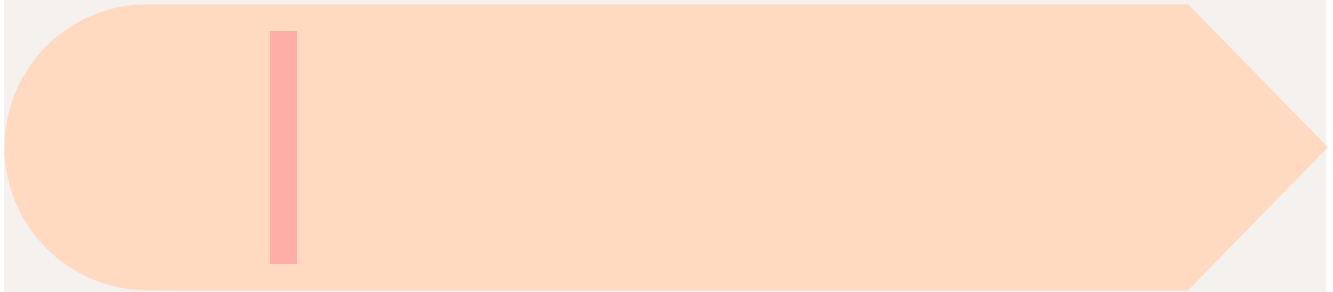
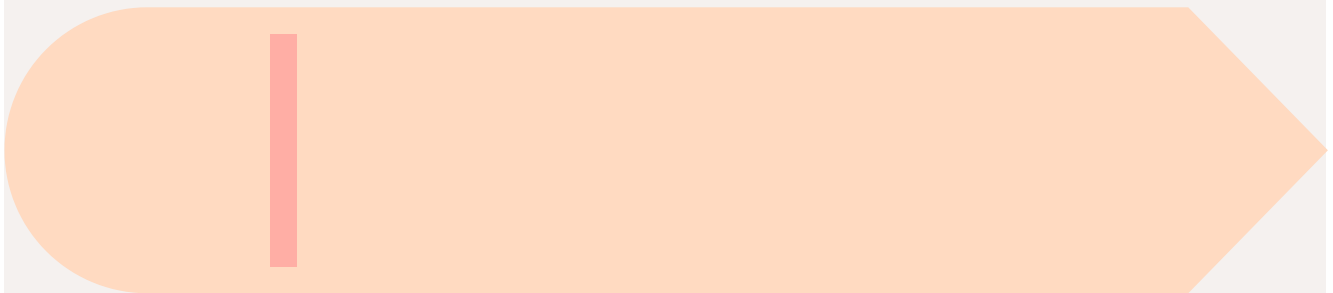
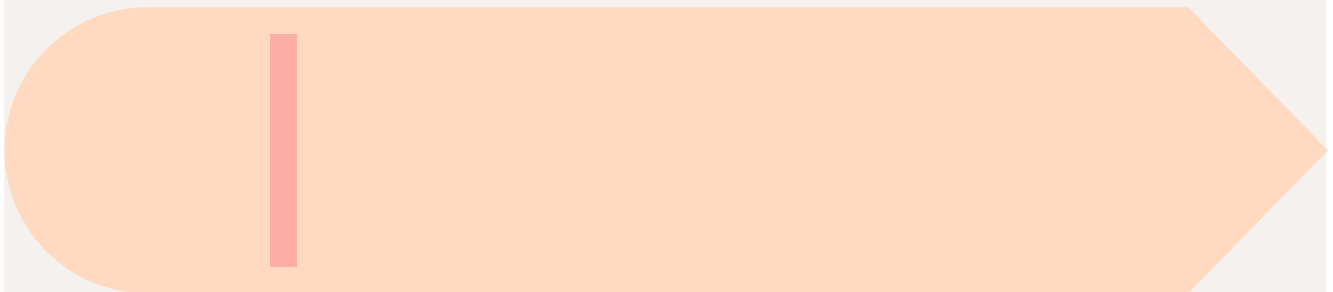
1. Do you need to clean your windows for clearer vision?
2. Do you spend too much time looking to the past in your rearview mirror?
3. Do your lights need to shine brighter so you have better insight? Are your hazard lights working?
4. How are your boundaries and buffer zones? Do you need to create healthier boundaries?
5. How's your energy? When was the last time you checked your engine lights and your dashboard?
6. What baggage needs to be removed from your trunk?

Action

Review the notes you made in your reflection.

Outline **THREE** steps you will take this week to begin tuning up your behavior (e.g., get more sleep so I will be less irritable during the day, eat more water-based foods for better energy, and set boundaries with that coworker who is always asking me to do their work).

My Three Tune-up Steps

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15 Taking Response-Ability

Summary

Boundaries can be physical, intellectual, emotional, financial, time-based, or sexual. Boundary violations are rooted in relationship problems, and the foundation of all relationship problems is poor communication.

$E+R=O$. Taking response-ability is about owning your choices and actions without taking on those things that are not yours.

Remember, you teach people how to treat you. Defining your non-negotiables is essential to maintaining healthy boundaries.

To process past hurts, pass your index event through three lenses or perspectives: the lens of victim, the “simply facts” lens, and the lens of responsibility.

Action Step

You have made it to the end of *Rise of Rage!* You may be wondering what's next.

1. If you have skipped any of the exercises in this workbook, I encourage you to go back and complete the supplementary work and the action steps for each chapter.

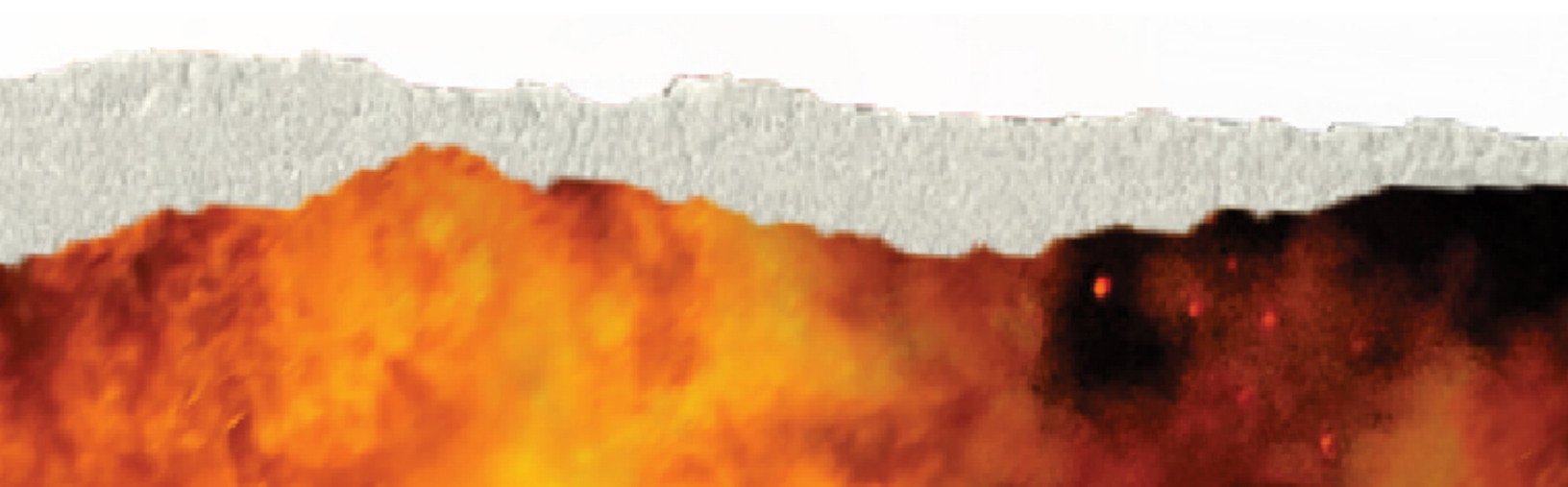
JOIN THE MOVEMENT!

Would you like to delve deeper into the Anger Solutions process?

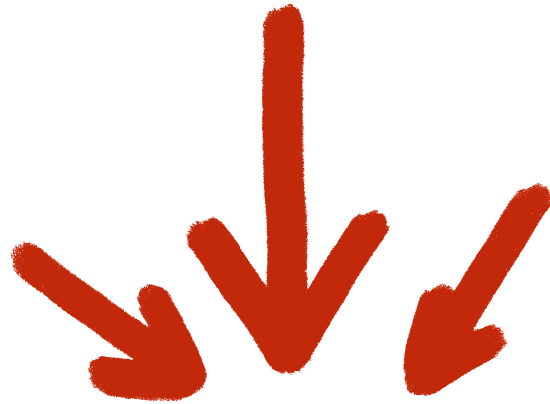
If you are a social worker, psychotherapist, psychologist or another professional in the field of mental health/addictions/corrections/education, and you want to become an Anger Solutions Facilitator or Trainer, contact us to let us know. We've got several certification options for you to choose from. Book a complimentary discovery session with Julie: <https://angersolutions.kartra.com/survey/Discovery>

TRIGGERING THE DRAGON

If you were inspired by Ella's potential for transformation in "Muddled Mindset", and you would like additional assistance in your personal or professional transformation process, I'm thrilled to offer you a 40% discount on my virtual course, "Triggering the Dragon", a self-directed program you can work through at your own pace. Use the QR Code on the next page to access your discount!



Scan the QR Code for 40% off!





Book Julie for Your Next Event!

Are you in search of a speaker who can truly make a difference at your event? Look no further than Julie A. Christiansen, an accomplished therapist, author, and internationally recognized speaker who has dedicated nearly three decades to transforming lives. With her vast expertise in mental health, trauma recovery, and stress solutions, Julie is the ideal choice to inspire and educate your audience.

Julie A. Christiansen is not just another speaker; she's a change agent with a profound understanding of human behavior and an extensive background in the community services field. Her impressive credentials include a Bachelor's degree in Psychology, a Master's Degree in Counselling Psychology, and registration with the College of Psychotherapists of Ontario. As a member in good standing of various professional organizations, she is a trusted authority in her field.



Why Choose Julie for Your Event?

Mental Health Expertise: Julie's career as a therapist and her specialization in areas such as anger and stress solutions, trauma recovery, and chronic pain make her a knowledgeable and relatable expert in the field of mental health.

Author Extraordinaire: With twelve published books to her name, including bestsellers like "Anger Solutions" and "Top Ten Lists to Live By," Julie brings a wealth of practical wisdom to your audience. Her books have touched countless lives.

Dynamic Speaker: Julie's experience as a public speaker and trainer has honed her speaking skills, ensuring that your audience will be engaged and inspired throughout her presentation.

Media Presence: Julie is a sought-after expert, often appearing on major media outlets to discuss topics related to mental health, anger, stress, and more. Her credibility and expertise make her an excellent choice for conferences and events.

Awards and Recognition: Julie's impressive accolades, including the 2015 Toastmasters Communication Leadership Award and the 2023 Women of Heart Award for Innovation in Mental Health, underscore her significant contributions to the field.

Customizable Content: Julie works closely with event planners to tailor her presentations to your specific theme and objectives, ensuring that her message aligns perfectly with your event's goals.

Don't miss the opportunity to bring Julie A. Christiansen to your event. Her ability to connect with and empower audiences is unparalleled. She will leave a lasting impact on your attendees, inspiring them to embrace positive change and wellness.

Contact us today to secure Julie A. Christiansen as a keynote speaker or workshop leader for your upcoming event. Elevate your event, empower your audience, and make a real impact with Julie's transformative insights and engaging presentations. Make a lasting difference at your event with Julie A. Christiansen - book her now!

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