

# 36 Expressing anger and needs



If you are working through *The Warrior Within*, these exercises and further useful information to help you in your recovery can be found on pages 134-138. These exercises assume you have completed exercise sheet 1 **Starting an activity journal**.

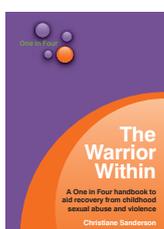
## Expressing anger

Anger is a healthy emotion that helps you to protect and assert yourself. In your journal write down how you manage and express your anger. To help you ask yourself the following questions: What do you usually do with your feelings of anger? Do you express anger through anxiety or fear, hunger, the need for a drink or a cigarette, or do you become silent and withdraw? Where do you direct your anger, at the source, or do you direct it at others who are not responsible for the anger? Do you express your anger openly and honestly or indirectly through playing it over in your head or through fantasies? Do you express your anger in a passive-aggressive way through sarcasm? Or do you become vindictive in being silent and plotting revenge? What are the consequences of expressing your anger?

This exercise can be used with other emotions to recognise how you experience these and express them.

## Expressing needs

In your journal make a list of your needs. These could include: the need to feel loved, to feel respected, to have some control over your life, to have a voice that is heard, to feel safe or to be accepted. Be sure to add your own needs to this list. Reflect on these and rank them in terms of importance to you. Next consider which of these needs you can meet yourself, and which you would like to be met by others. Make a list of those people who could meet these needs and how you could express these without feeling ashamed. It helps to practice expressing your needs first before approaching the person.



The content of this exercise sheet is based on *The Warrior Within: A One in Four handbook to aid recovery from childhood sexual abuse and violence* by Christiane Sanderson

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