

# Communicating With An Angry Subordinate

Often, anger is a secondary emotion.

What other emotions could result from the following experiences, yet surface as anger?

LOSS	
THREAT	
FRUSTRATION	
REJECTION	

Here are some strategies for responding to anger. For each strategy, describe a situation in which you responded to someone else's anger that way.

Strategy	Situation
<b>Rage: Attacking</b>	
<b>Resentment: Inward</b>	
<b>Rechanneling: Take action that is not specifically directed toward the cause of the anger</b>	
<b>Resolution: Reduce/Remove the cause</b>	

Which strategy is most effective for you?

Remember, if an individual is extremely angry, give them ample time and space to cool off before you confront them.

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