

Understanding anger

Standards of conduct: how should people behave towards each other?

Perceptions of how people are behaving in relation to what I want, need or deserve

Things they do that I'd prefer them not to

Things they don't do that I think they ought to

Perception of their motivation for not doing what I want, need, or deserve

Emotions experienced

Behavioural urges: escape, attack, surrender, avoid

Actual behaviour: observed and private

Consequences: positive and negative