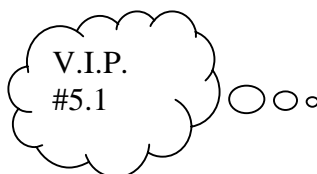


## Chapter 5: Where did your anger come from?

If people are asked about the source of their anger they give different responses depending upon the situation they are in. A person might say, I'm angry because the traffic is bad, my cheque is late, because my car broke down, because my partner was unfaithful, etc. However *your anger results from what your expectations are*. It also results from what you think you have a "right" to expect from the rest of the world.

Situation	Expectations that are violated
Cheque is late	Expectation that you will have enough money. Also expectation that money be paid to you on time, of postal delivery to be quick, and of self to have finances in order.
Car breaks down	Expectation not to be inconvenienced or made late. Expectation of cars to be reliable.
Girlfriend/boyfriend to be faithful	Expectation of lovers not to cheat on you.
Friend treats you badly	Expectation of faithfulness from others in relationships – and trust not to be broken.
Slip and fall	Expectation of ground not to be treacherous, and to be able to walk without experiencing pain/ humiliation.
Step in excrement	Expectation of people to scoop up after their dogs and of self to be more observant.
Someone swears at you	Expectation of others to have manners



*If you feel you have a right to be angry, that is when it is hardest for you to control your anger..*