

**Take a Deep Breath and Count to Ten! Transforming Anger**  
**Rebecca Jorgensen, Ph.D.**

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**A. Emotion:**

- we all have emotion, it's part of this life's experience
- the feelings, facial expression and motivational purposes of emotions are universal

**B. Attachment:**

- we are "hard-wired" to attach
- attachment needs include acceptance, belonging, comfort and safety
- secure attachment makes life positive
- insecure attachment has a predictable pattern of distress
- over time, unmet attachment needs make life dangerous and when we "bump" into our unmet needs fight/flight/freeze is activated

**C. Primary and Secondary Emotion**

- primary emotions related to unmet attachment needs are vulnerable (soft)
- primary emotions draw others towards us
- common primary emotions related to unmet attachment needs or questions of worth are: hurt, rejected, discounted, fear of failure, invisible, not wanted, overwhelmed, ashamed, disconnected, inadequate, isolated.
- primary emotions are transformed into secondary, or reactive emotions, in order to protect our vulnerability after learning that attachment (close emotional bonding) is dangerous from experiencing unmet needs
- secondary emotion usually works against us – it makes getting our needs met harder, as it pushes people away
- common secondary or reactive emotions related to unmet attachment needs are: frustration, irritation, annoyance, fury, indignation, sulking, wrath, revenge, resentment, disgust, anger, contempt, hatred, spite, scorn, envy, and jealousy.

**D. Healthy, securely bonded, relationships are critical. Developing relationships in this order help us to have healthier relationships; relationship with God, relationship with self, relationship with others.**

- **Reactive anger, even at low levels harms these relationships through;**
  - striking out
  - distancing through criticism
  - not seeing the whole person (self or others)

**E. We can learn to prevent the transformation of primary emotions to reactive emotions.**

**F. We can learn to transform reactivity back into productive emotion**

- **Turn to God then:**
  1. **Catalog your own reactive anger - is it directed outward or inward**
    - a. **try to distinguish feeling mad from behaving badly**
  2. **Identify the common theme or complaint you make when you're in your reactive state. (the theme is usually the clue to the vulnerable feeling you are hiding)**
  3. **Using the common theme of your anger, work to identify the primary emotion or emotions that converted to anger.**
  
  4. **Identify the unmet need. Ex. fear of not really being loveable.**
  
  5. **Share the vulnerable emotion (from the vulnerable or soft place) and the longing or unmet need connected to it.**