

Small Group Discussion Handout

“One aspect of the emotion, then, is a feeling of inferiority or inadequacy which forces its bearer to pull together all his strength and to carry out greater movements than usual. Through such heightened effort his own person is placed into the foreground and made victorious. Thus, as there is no rage without an enemy, this emotion can only have victory over him for its goal. It is a popular method, still possible in our culture, to assert oneself through such increased movements. There would be far fewer outburst of temper if the possibility were not offered of assuring oneself significance in this way.”
(Ansbacher & Ansbacher, 1964, 227)

Can anger be useful? If no, why? If yes, how do we know that it is useful?

How would you help a client (child or adult) to channel their anger to the ‘Useful Side of Life?’

Can you think of examples of individuals or systems who have used anger in a pro-social or useful way?