

# Healthy Anger

## Passive Aggressive

This type of anger needs to...  
Lead with Desire

## Aggressive Anger

This type of anger needs to...  
Lead with Vulnerability

Fatal	Active	Verbal
	Withdrawal	Dishonest
Suicide	Self Harm	Sarcasm
	Addictions	Manipulation & Gossip
	Silent Treatment	Unable to take Responsibility

Clear  
Clean  
Honest  
Humble  
Direct

Verbal	Active	Fatal
Yelling	Throwing Things	
Making Threats	Physical Violence	Murder
Name Calling	Sexual Violence	
Blaming	Dismissive Decisions	