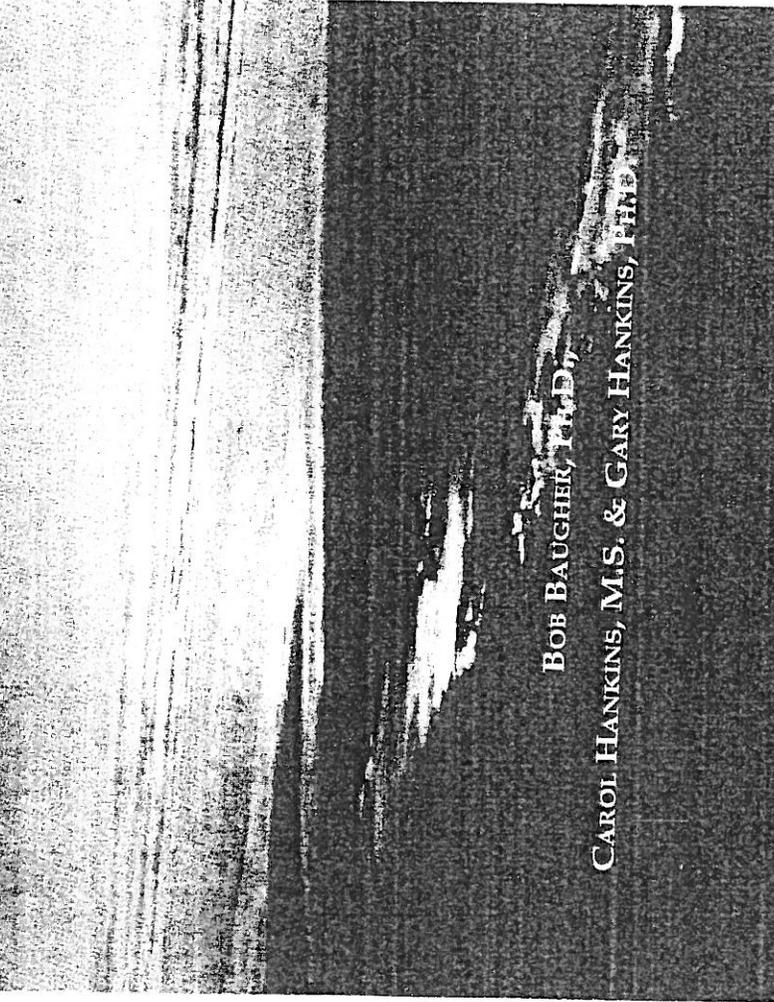


Introduction

Grief is like a tapestry of many colors. Your tapestry has its own, unique design. Tapestries of grief get their color from the subtle shades of: emptiness, loneliness, numbness, fear, anxiety, hurt, guilt, impatience, bitterness, sadness, discouragement, apathy, helplessness, and hopelessness. Woven throughout these tapestries of grief is the bright red thread of anger. Used carelessly, the threads of anger can tear apart the fabric of your soul. Guided by this booklet, you may be able to begin to untangle the jumbled threads of grief and use the threads of anger creatively to bind your tapestry together into a comforting quilt.

It is not unusual to experience feelings of anger following the death of a loved one. Yet, you don't have to be angry to be bereaved. Some people go through intense bereavement without experiencing anger. Other people experience anger as one of several grief reactions. And still others experience anger as raw, gut-wrenching, and ever-present. The painful feelings associated with your grief may be difficult to understand. Even more confusing are the feelings of anger that you, or those around you, are experiencing. When anger is turned inward, it may be experienced as depression, guilt, and/or lowered self-esteem. In some cases, turning anger inward may lead to suicidal thoughts and behaviors. Anger turned outward, however, can communicate important information. It can also hurt others.

This booklet will help you learn more about yourself and people close to you. We are not going to tell you not to be angry. One of the most important messages you will see throughout this booklet is: **It's okay to be angry; but you must choose what you will do with your anger.** Some choices have helpful results; others result in hurtful behavior. Just as it is up to others to gain further insight into and work on their hurtful anger, only you can determine when you are ready to do the same. If you are ready, let's explore anger by first looking at how it has been described by experts and then how it has affected your life. From there we will explore factors that contribute to anger, how anger is expressed, targets of anger, and finally, suggestions for coping with it.



UNDERSTANDING ANGER DURING BEREAVEMENT®

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