

Angry Relationships



In these COVID-19 times, lots of us will have times when we realise that we are feeling worried, frustrated, irritable and angry. These are normal reactions to a very unusual situation. When we mix stress, fear, and a lack of control, it can lead to people feeling and doing things we would not usually.

Sometimes when we can't control things in our life – like a job, money, health, we try to control the people close to us - our

partners and our kids. When this doesn't go to plan we get angry, frustrated and ashamed that things are not in order. This can lead to violence and abuse – out of our mouths or from our fists.

Watch yourself – anger is a creeper – it creeps up on us and often we do not realise it other until we lash out - shouting or yelling at someone, saying mean and hurtful things, or lashing out and being violent. Anger is also usually

a cover up – when we feel taken advantage of, or useless, or worried or ashamed. These things hurt – we don't want to hurt so we get angry. The problem with anger is that it damages our relationships with other people. Sometimes

we can't get these things back.

You don't want this, we don't want this – so time to learn to get control over the one thing we can learn to control – ourselves.

“The problem with anger is that it damages our relationships with other people. Sometimes we can't get these things back.”



1. Watching yourself

Notice your mood and feelings



2. Stop yourself

Yeah you do have control - go outside, take a breath, go for walk, dig a hole



3. Be honest with yourself

Quietly think about what is going on for you

Safe Relationships



Never mind the relationships outside our family - our relationships at home are the most important - Ka no roto mai aro'a i te pito. Caring and love comes from your navel. Things are not that easy when we are pressured and stressed. Here are some little tips you might find helpful:



1. Act with respect

Use your Kia Orana values at home



2. Focus on the good things

in your relationship as much as the bad



3. Repair the rips

When it is not good say sorry



4. See life through each other's eyes

and perspectives



5. Remember the family that prays

TOGETHER stays together

