

DO YOU HAVE AN ANGER PROBLEM?

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Several years ago when I was actually managing Common Interest Communities, I met a wide variety of volunteers who served on their Board of Directors and Committees. Most of these individuals were very hard working homeowners in their communities who just wanted to serve.

One special member of the Board jumps into my mind, however, when I think of anger. This Board member was normally a calm and logical person, but because he had a drinking problem, I had to check his breath before each meeting to see if he had been drinking. Normally, that sounds like a really silly thing to have to do, but this Director, who just happened to be serving as the President as well, became a very angry person after drinking. If someone disagreed with him, particularly owners, guess who wanted to take them out into the parking lot and duke it out. Yup, my wonderful President.

What did I do? I had a one on one conversation with him outside of a meeting when I ensured that he had not been drinking. I brought to his attention that any decisions that he made, suggested or voted on could be considered questionable and he was opening the Association up to a lawsuit from another Director or an Owner who took offense.

Alcohol should never be served at a Board meeting, but what do you do if someone arrives already "sauced" up? Not much at that time other than to watch carefully to be sure that you are prepared to intervene if this person is like my Board Member above.

IF you have had this conversation proactively with your members of the Board during the Board training that most of the managers and/or management companies provide, a lot of this type of activity will need even need to be addressed.

Some members of the Board want to serve alcohol or meet at a place where they can get alcohol. Any of the decisions made during that meeting can be suspect and the Directors need to be in a condition where their judgment is never questioned.

At times, individuals may be going through a really rough time in their personal lives and under a lot of stress. When under considerable stress, many individuals have zero tolerance for the small things in life and can blow up at the smallest provocation. Keeping a pulse on those individuals who serve in your community, to help where you can, may help keep individuals from blowing up in inappropriate times causing severe liability for the Association.

Take a look at yourself. Does there seem to be a LOT of angry people around you? Is it them or you? Most people respond to what they see and/or feel around them. If you are an angry person, guess how the people around you will feel?

Take the test and see how you do, but ask someone who you trust to give you an honest answer and see if they think you have an anger problem. Be prepared for what you may hear and set a goal for yourself to act differently for one week, then one month and then one year until it becomes part of your personality.

Here is the test:

DO YOU HAVE AN ANGER PROBLEM?

Are you wondering if you have a problem keeping your anger under control? Are others telling you that you have a problem and you don't see it?

Take a few minutes to answer the questions below to see if you could benefit from taking an anger management class.

I have been experiencing episodes of anger for at least the past 6 months.

Yes _____ No _____

I experience anger much more often than those around me.

Yes _____ No _____

When I experience anger, my anger is:

More intense than most others _____

Less intense than most others _____

The same as most others _____

When I experience anger, my anger seems to last:

Longer than most people _____

Shorter than most people _____

The same as most people _____

Because of my angry feelings, I have experienced:

_____ Damage to relationships with partners, children, coworkers or friends.

_____ Problems functioning at work.

_____ Inability to handle difficult situations.

_____ Experiences with the court system.

_____ Health problems

_____ Dwelling on problems, worrying, guilt/shame.

Angry feelings are keeping me from life goals.

Yes _____ No _____

I think I could be more successful in my life if I could have better control of my feelings.

Yes _____ No _____

There are no right or wrong answers to these questions. Only you can determine if you need help in managing your anger. If you decide that anger plays a bigger role in your life than you would like it to, do something about it.