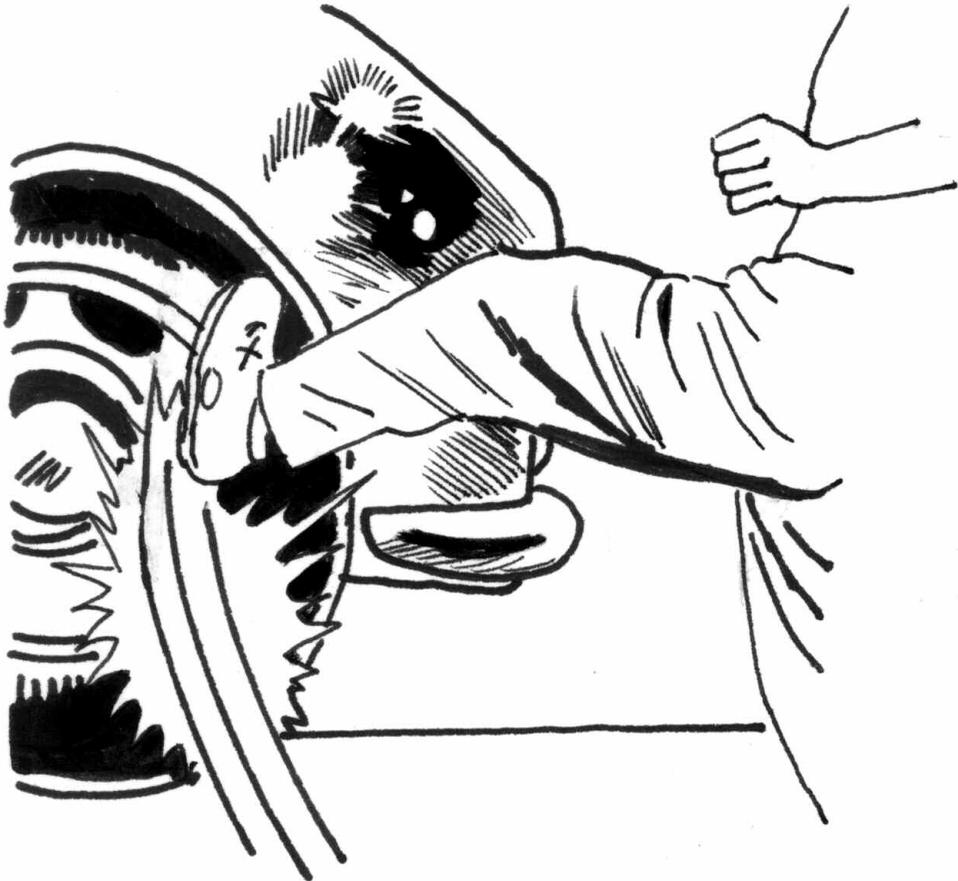


Anger Management

Anger Management



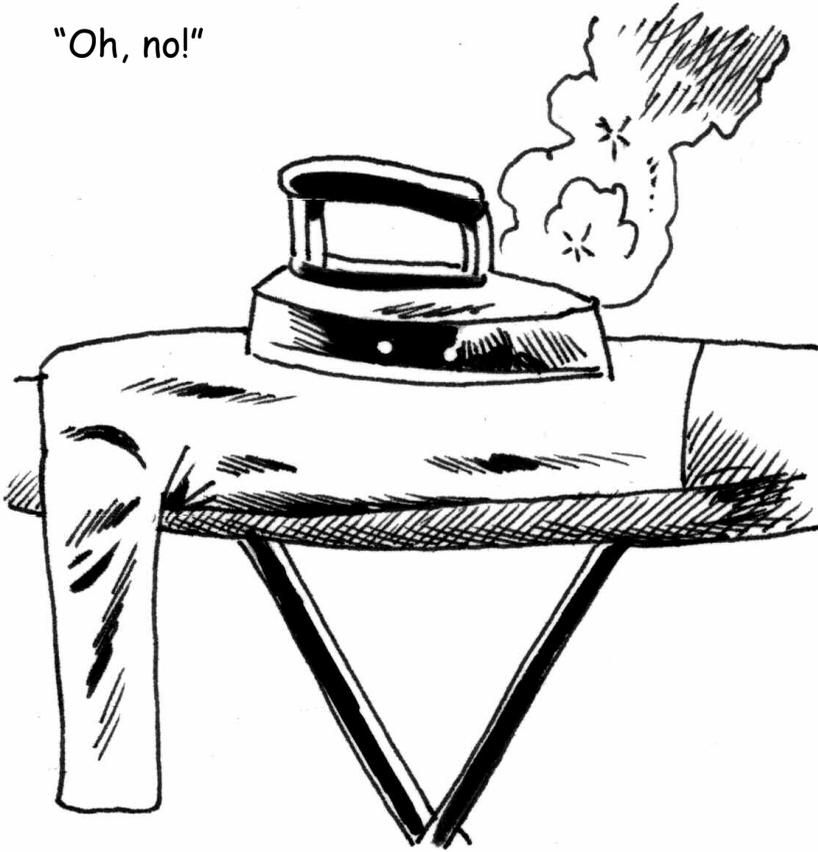
"This dumb car!
It never runs when I want it to!"

Anger. Everybody gets it. It's a natural emotion. It causes your blood pressure to rise, increases your heart rate and breathing, and makes the pupils of your eyes get smaller.

We use heat to describe anger, such as "hot under the collar" or "breathing fire." Sometimes colors are used to describe anger, like "seeing red" or being "purple with rage."

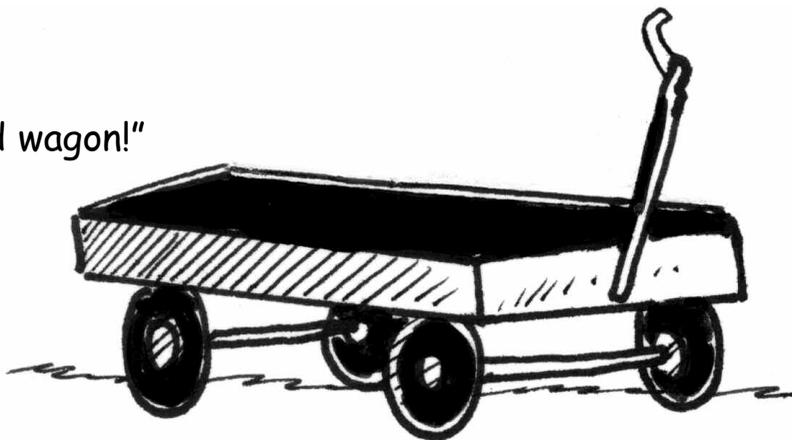
Anger Management

"Oh, no!"

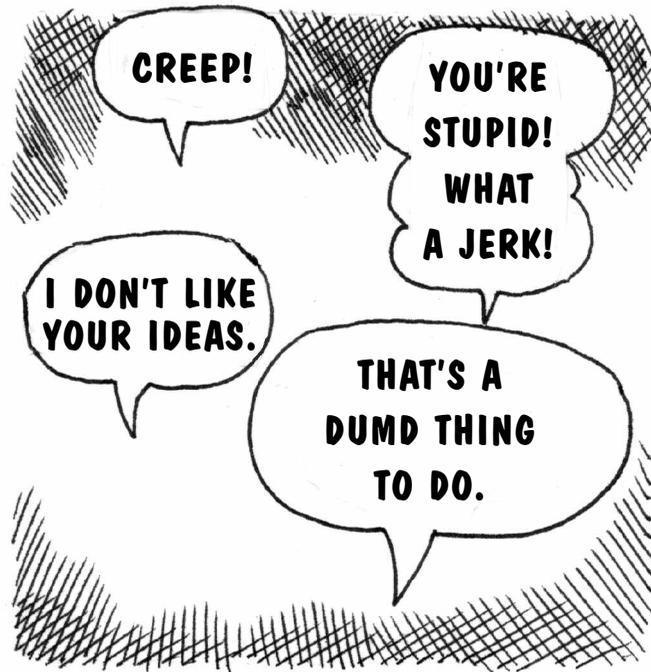


Anger is a condition that results from being hurt or frustrated. Most of the things that cause anger are EXTERNAL, or outside the body. It is frustration that results in failure to achieve a goal.

"Stupid wagon!"

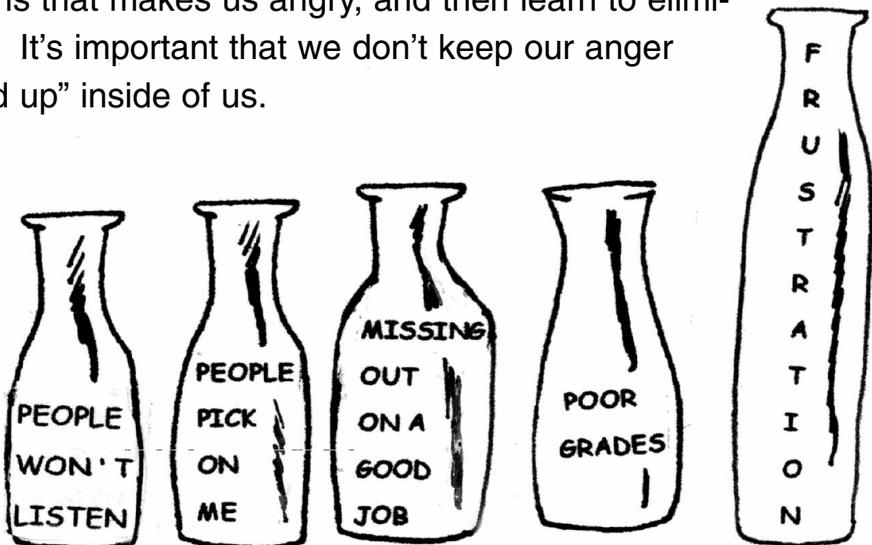


Anger Management

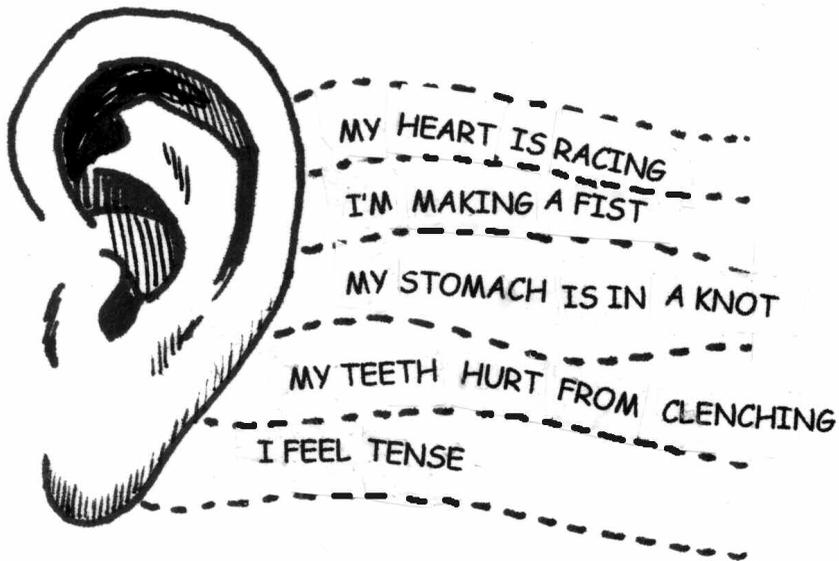


An attack on your self-concept or your values can cause you to get angry. We must learn to manage anger by reducing it or re-directing it in an appropriate manner – like a bullfighter directing and controlling the bull's anger.

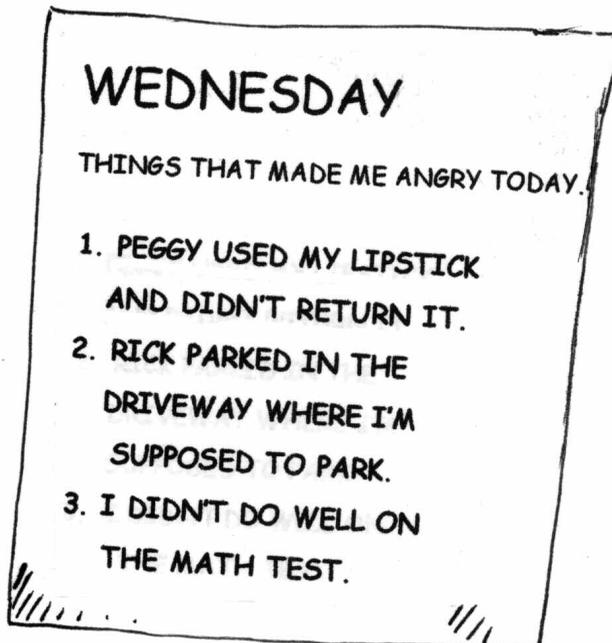
The first step in anger management is for us to recognize what it is that makes us angry, and then learn to eliminate it. It's important that we don't keep our anger "bottled up" inside of us.



Anger Management



“Listen” to your body and become aware of the things that make you angry. Awareness is the first step to the control and management of anger.



Make a chart of specific events which make you angry.

Anger Management

After you become aware of what it is that makes you angry, you must begin to deal with it. Think of anger as a poison that must be eliminated from your body.

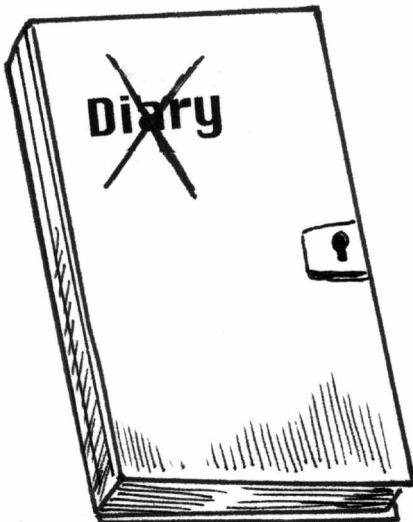
There are two ways most people express their anger:

1. Physically
2. Verbally



In young children, physical response to anger takes the form of temper tantrums or physical activity, such as fighting. Verbal responses to anger occur more frequently in high school and later years.

Often, anger is focused directly on what makes us angry.



"Alan, don't you dare read my diary!" said Mary.

Anger Management



"Laura, please don't use my comb!" shouted Bill.

Both Mary and Bill have focused their anger directly on what has angered them. Someone had wrongfully trespassed on their private property – and their response was immediate and angry.

However, when anger is not focused directly on what has angered us, it is called, **DISPLACED ANGER**.



"Mom, I'll clean my room in a minute. Stop bugging me!" shouted Sarah.

Anger Management



"This dumb locker never works, and I'm in a hurry," complained Fred.

Neither the mother – nor the locker – had done anything to warrant the verbal responses and actions of Sarah and Fred. This is an example of **DISPLACED ANGER**.

Sarah and Fred had failed Miss Wong's English test and were not eligible to sing in the school's musical. This was the source of their anger. By Sarah directing it at her mother, and Fred directing it at his locker, it became **DISPLACED**. If they had directed it at their English exam or their lack of preparation, then it would have been focused on the proper source.

Anger Management

1. Anxiety
2. Depression
3. Self-pity
4. Apathy

Anger can be destructive and dangerous. It can result in ANXIETY, DEPRESSION, SELF-PITY, APATHY –

1. Skin rashes
2. High blood pressure
3. Ulcers

and physical conditions like SKIN RASHES, HIGH BLOOD PRESSURE and ULCERS.

Repeatedly being late or absent, losing things, and even vandalism can result from displaced anger. Suicide, murder, and war have been blamed on anger.

By listening to your emotions and learning to read your body signs, you will begin to recognize when you are becoming angry.

When your mouth becomes dry, the palms of your hands become wet, you begin to breathe more quickly, and your body becomes warm, then you could be getting angry. Once you identify the causes of your anger, you can make a graph of each occurrence. This graph will make you aware of your causes of anger.

The following are 5 techniques that can be included in your anger management plan. They are:

- MENTAL CONDITIONING
- RELAXATION STRATEGIES
- AVOIDANCE TECHNIQUES
- VERBAL RESPONSES
- PHYSICAL ACTIVITIES

Anger Management

MENTAL CONDITIONING requires you to prepare yourself for an anger response *before* it occurs. It's important to change your pattern of thinking about anger arousal situations. Read how Bill, Nancy, and Mary use self-sentences and mental thinking to prevent their anger.

"This is going to make me angry, but I'm going to deal with it in an intelligent manner," said Bill.

"Why should I let it upset me?" said Nancy. "The sun will rise tomorrow and it will be another day."

Mary said, "I'm getting tense. I better take a couple of deep breaths and relax, slow down, and think about a favorite place. Will it change the world if I don't get my way?"

**SELF-SENTENCES
DEEP BREATH RELAXATION
VISUAL IMAGERY**

These students used RELAXATION STRATEGIES such as self-sentences, deep breath relaxation, and visual imagery to eliminate their psychological tensions and prevent anger.

Fred knows that when he shoots basketball with Henry and Hal, he always gets angry. So he has decided to stop playing basketball with Henry and Hal and avoid his angry feelings.

If a person always makes you angry, then AVOIDANCE of that person would be one way to reduce your anger.

Dr. Weissinger, a psychologist and author, suggests that if you find yourself in the middle of an argument, you should say, "I'M BEGINNING TO FEEL ANGRY, AND I WANT TO TAKE A TIME-OUT." By stating that you want to take a "time-out," you'll increase your confidence and control in managing angry situations.

Anger Management



VERBAL RESPONSES

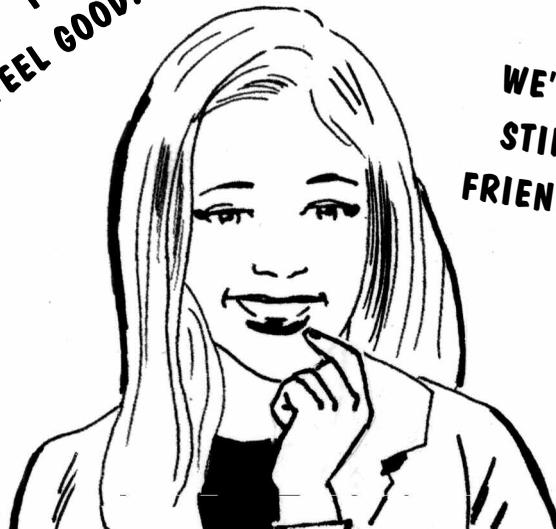
**I DON'T
SHOUT.**

**I
FEEL GOOD.**

**HE KNOWS
HOW I
FEEL.**

**I
WAS
ASSERTIVE.**

**WE'RE
STILL
FRIENDS.**

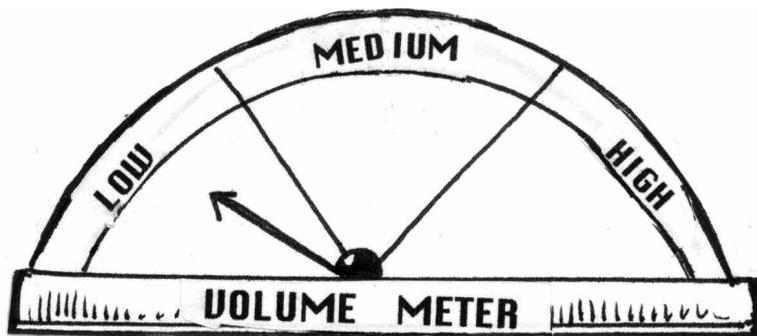


Anger Management

Clear and honest communication of anger feelings is the best method of venting our anger or displeasure. At the same time, it establishes boundaries for acceptable communication.

By verbally expressing her feelings about Shawn's comments, Nancy did not bottle up her anger. At the same time, she attempted to change Shawn's behavior and prevent future anger.

Speaking assertively at the time of the incident will also give her a good feeling about her actions and her friendship with Shawn.



When Nancy spoke, she controlled her volume. She did not shout or raise her voice because she knew that when you shout at someone, it makes them want to shout back – and then you're in a shouting match. When you are angry, always use your softest voice.

OPENNESS
+
HONESTY
= **FRIENDSHIP**

Anger Management

If Shawn is a true friend, he will accept the message and appreciate the openness and honesty of Nancy. He will not carry a grudge, but will quickly forget the episode. Their friendship will grow stronger.

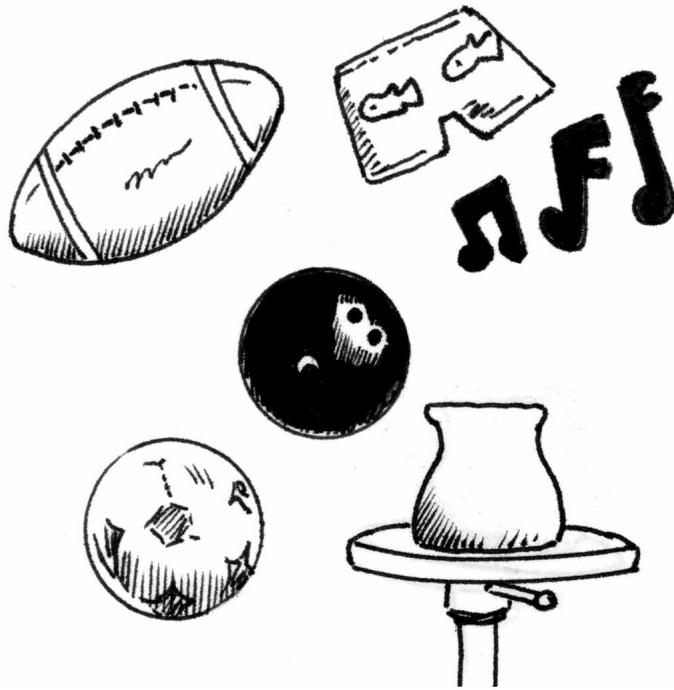


Learning to deal fairly and openly with others in stressful situations helps us to maintain our composure and reduce our anger. By expressing our anger, we reduce our anger.



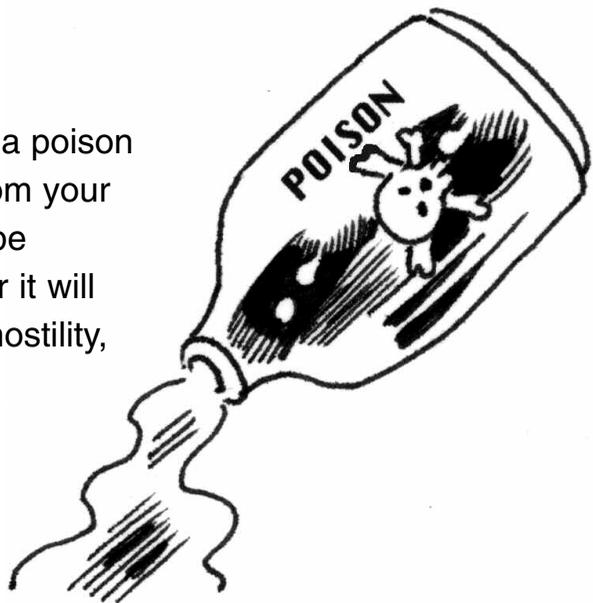
When you express anger to others, make sure your non-verbal behavior is in agreement with your feelings. In other words, don't smile when you're angry – try and look angry. This will convince the other person that you really are displeased.

Anger Management



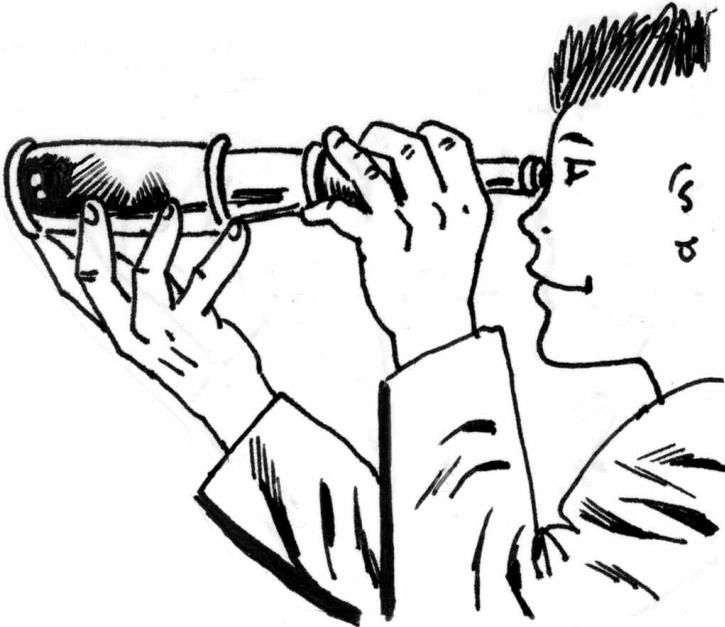
Playing football, singing, working with clay, soccer, bowling, and swimming are all **PHYSICAL ACTIVITIES** that will help relieve physical tension and reduce anger.

Remember that anger is a poison that must be released from your body. However, it must be released appropriately, or it will cause additional anger, hostility, and aggression.



Anger Management

**ANGER
MUST
BE CONTROLLED**



Thus, in summary, anger is destructive and must be controlled and managed.

Begin to look for focused and displaced anger both in you– and your friends.

Anger Management



Become aware of what makes you angry. Make a written record of the events and the length of time that you were angry.



**SELF-SENTENCES
VOICE CONTROL
RELAXATION TECHNIQUES**

Learn the techniques for dealing with anger and practice them with your friends. Use a combination of self-sentences, voice control, and relaxation techniques.

Anger Management

COMMUNICATE YOUR FEELINGS

Learn to communicate your feelings in an honest and open manner that is sincere, but not offensive. Speak assertively in a calm, soft voice.

USE ANGER MANAGEMENT TECHNIQUES

Use your anger management techniques either individually, or in combination, recording and evaluating the effectiveness of each technique.

USE THE INSTANT REPLAY GAME

Use the instant replay game to discover how you handled an angry situation. Think about both your verbal and physical responses. Could you have used other techniques?

Anger is an emotion. All of us get angry. Sometimes anger is caused by a misunderstanding caused by faulty thinking or improper interpretations of the actions of others. It is often directed at a close friend or someone we like very much.

By discovering what makes you angry and assuming responsibility for improving your angry feelings, you will become healthy, happy, and relaxed. And you'll have lots of close friends!

TRUE (T) or FALSE (F)

- _____ 1. Anger is not a natural emotion. Intelligent people never get angry.
- _____ 2. When we become angry, there is a physical change in our breathing and heart rate.
- _____ 3. Anger is often caused by a frustration in not achieving a goal.
- _____ 4. Self-awareness is the first step to managing our anger.
- _____ 5. Young children are not able to express their anger.
- _____ 6. Most mature adults express their anger verbally, rather than physically.
- _____ 7. It is important to identify the source of our anger.
- _____ 8. Displaced anger is focused directly on what has made us angry.
- _____ 9. Anger cannot really harm us, so we should not become too concerned about it.
- _____ 10. If your mouth becomes dry and the palms of your hands become wet, you may be getting angry.

Answer Key is found on page 48.

Anger Management

MATCHING

Match the anger management technique in Column A to its example in Column B.

COLUMN A

- _____ 1. Mental Conditioning
- _____ 2. Relaxation Strategy
- _____ 3. Avoidance Technique
- _____ 4. Verbal Response
- _____ 5. Physical Activity

COLUMN B

- A. A game of baseball
- B. "Please don't say that to me."
- C. Close your eyes and breathe deeply
- D. "Me worry! The sun will rise tomorrow."
- E. "So long. I'm going to Mike's house."

Answer Key is found on page 48.

Anger Management

Following are five emotions. Write a short sentence describing the last time YOU experienced the emotion and your resulting behavior, actions, or feelings.

EMOTION: JOY; LAST EXPERIENCE:

BEHAVIOR OR FEELINGS:

EMOTION: LOVE; LAST EXPERIENCE:

BEHAVIOR OR FEELINGS:

EMOTION: FEAR; LAST EXPERIENCE:

BEHAVIOR OR FEELINGS:

EMOTION: ANGER; LAST EXPERIENCE:

BEHAVIOR OR FEELINGS:

EMOTION: GRIEF; LAST EXPERIENCE:

BEHAVIOR OR FEELINGS