

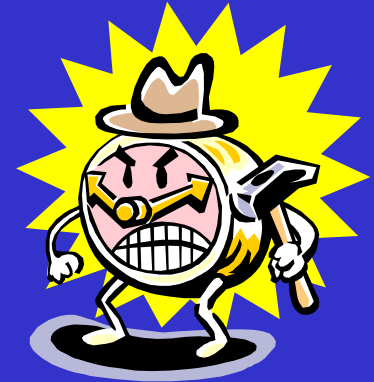
ANGER MANAGEMENT



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What is Anger?

Anger is the feeling of being irritated, annoyed, and/or furious. Anger is usually a response to being hurt or frustrated. The hurt might be emotional, psychological, social, and/or physical.



Anger Triggers

Anger triggers are thoughts or events that cause you to become angry. Anger may be caused by physical pain. If someone hits you, you are likely to feel angry and may want to hit back.

Frustration is another cause of anger. Other sources of anger include situations that insult you or cause you to feel poorly about yourself such as: being rejected by peers/others, failure, or being criticized/teased.

Anger cues are changes in the body that are signs that a person is angry. When a person is angry, the anger response begins. The anger response causes the following changes to occur in the body:

- Rapid breathing
- Increase in heart rate
- Rise in blood pressure
- Increased sweating from the sweat glands in the face
- Sweaty palms
- Dryness of the mouth
- Increased muscle strength
- Adrenaline increases
- Decreased sensitivity to pain
- Increased alertness
- Tensed eyebrows
- Pursed lips
- Reddening of the face

*Anger is one of the five stages that occur in life crises. When a person experiences a life crisis, he/she may go through five stages.

Example of Parents Getting a Divorce

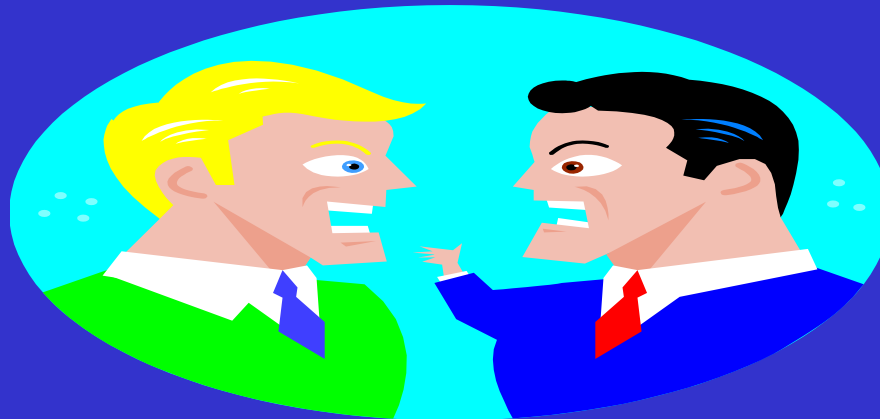
- Denial.....(My parents won't really get a divorce.)
- Anger.....(I hate my father for wanting a divorce.)
- Bargaining.....(If I promise to behave better, they won't get a divorce.)
- Depression.....(I can't stop crying when I think about my parents' divorce.)
- Acceptance.....(At least I will still see my father every weekend after the divorce.)

Hidden anger is anger that is not recognized or is expressed in a harmful way and may result in inappropriate behavior and poor health.

- Being negative
- Making cruel remarks to others
- Being flippant
- Procrastinating
- Blowing up easily
- Having very little interest in anything
- Being bored
- Being depressed

Practicing Anger Management Skills

Feeling angry is a normal and healthful response to many situations. It is not harmful to feel angry in certain situations; however, it is essential that you learn anger management skills in order to express anger in appropriate ways.



Anger Management Skills

1. Keeping An Anger Self-Inventory
2. Using Self-Statements To Control Your Anger
3. Participating In Physical Activities
4. Using Physical Expression To Blow Off Steam
5. Using I-Messages And Active Listening
6. Keeping A Sense Of Humor
7. Expressing Yourself Through Creative Activities
8. Talking With Parents And Mentors
9. Writing Letters To Express Your Angry Feelings
10. Planning Ahead To Deal With Your Anger

1. Keeping An Anger Self-Inventory

The Anger Self-Inventory helps you examine the situations that cause you to feel angry and your responses to these situations.

Anger Self-Inventory

- What am I feeling?
- What is causing me to feel this way?
- Is my anger justified?
- Am I still angry? (If yes, continue.)
- What are healthful ways I can express my anger?

2. Using Self-Statements To Control Your Anger.

Self-statements are words you can say to yourself when you experience anger triggers and cues.

Ex.:

- This is going to upset me, but I know how to deal with it.
- I can manage the situation.
- Try not to take this too seriously.
- Time for a few deep breaths of relaxation. Feel comfortable and relaxed.
- Easy does it.
- As long as I keep cool, I'm in control.
- I don't need to prove myself.

Using Self-Statements Cont'd.

- I'm not going to let it get to me.
- Getting upset won't help.
- It's just not worth it to get so angry.
- I'm going to get pushed around, but I'm not going haywire either.
- (S)he would probably like to get me angry. Well, I'm going to disappoint him/her.
- Can I laugh about it? It's probably not too serious.
- Don't take it personally.
- I handled that one pretty well. It worked.
- I could have gotten more upset than it was worth.
- My pride can sure get me into trouble. But, when I don't take things too seriously, I'm better off.

3. Participating In Physical Activities.

❖ Vigorous physical activity can work to lessen the effects of anger and relieve tension by providing a physical outlet for the energy that builds up with anger.

❖ Participating in activities such as dancing, jogging, swimming, martial arts, weight lifting, and team athletics can help lessen anger.

4. Using Physical Expression to Blow Off Steam

Another way to blow off steam involves expressing anger in a physical way. Some suggestions for lessening the effects of anger with physical expression include:

- Stomping on the floor
- Striking the air
- Screaming into a pillow
- Hitting a pillow
- Squeezing a fluff ball or tennis ball
- Throwing a fluff ball at a wall in a way that will not cause damage
- Hammering in a way as not to damage anything

5. Using I-Messages and Active Listening.

❖ An I-message can be used to express the anger you feel for the behavior of another person. An I-message also might be used to express the anger you feel about a specific situation. I-messages allow you to express your anger rather than keeping it bottled up inside.

❖ Active listening also is effective in anger management. When you use active listening techniques, you are able to gain control of your emotions and gather more information about the situation that is making you angry. This helps to keep you from acting out when, with more information, you may find a resolution to your present difficulty.

6. Keeping a Sense of Humor

Keeping a sense of humor when you are angry is a valuable skill. Finding the humor in a situation and laughing at yourself in a good-spirited manner can help lessen anger. Using humor helps in situations where others are angry as well.



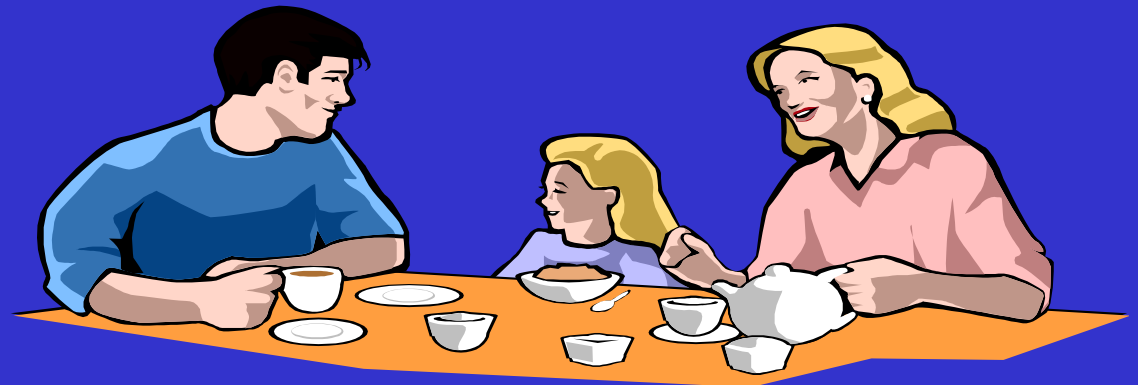
7. Expressing Yourself Through Creative Activities.

Another way to lessen the effects of anger is to express yourself in a creative way. You might want to write a poem that expresses how you feel. You might want to draw a picture or take clay and mold something. Besides lessening the effects of anger, these activities give you a sense of accomplishment.



8. Talking with Parents and Mentors.

Talk with parents and mentors when you experience anger triggers and cues. Adults can be helpful in helping you recognize what you are feeling, why you are feeling this way, and what are some healthful ways to cope with these feelings. For example: If you feel rejected as a result of being left out of a social activity, you might share your feelings of rejection and resulting anger with a parent or other trusted adult.



9. Writing Letters to Express Your Angry Feelings.

It can be helpful to write letters to express angry feelings. You might not feel that you can approach the person(s) with whom you are angry. Writing a letter helps to lessen the anger by providing a way to express it without confronting the person. Writing a letter provides a safer way to talk to the person. Sometimes writing the letter without mailing it lessens the anger you feel. At other times, it may be important to send the letter to the appropriate person. You may choose not to mail the letter and to throw it away.

10. Planning Ahead to Deal with Your Anger.

As you become more experienced in recognizing when you are angry and knowing what makes you angry, you can begin to plan ahead. You can practice ahead of time what you will do. You can practice in school with peers, in another setting with friends, with your parents, or with a school counselor. You might even practice at home in front of a mirror so that you can watch your response. You can practice different responses and see which ones work best for you. Then, when you are actually in a situation, you will be comfortable expressing your anger.

The End!!!!

