

# ***MANAGING ANGER & DEVELOPING WAYS OF RELATING TO OTHERS AND OURSELVES***



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# Reasons we are wanting to manage our Anger

1. For most people, chronic anger covers incredible pain. And while anger often feels like a release at the moment, it makes the underlying pain worse.
2. Of those people who suffered the greatest damage in childhood, most were harmed by repeated exposure to anger. The majority of chronically angry people were also damaged by anger as children
3. People struggling with chronic anger suffer long term consequences in both work and personal relationships. They tend to feel more alone, more disappointed by life, and less nourished by their relationships.
4. The greatest predictor of satisfaction in marriage is how people learn to handle conflict and anger
5. Anger is a learned response, and the anger response can be unlearned with commitment and effort.

# What Anger Destroys

## 1. Anger Destroys Personal Relationship –

- - What kinds of relationships does anger destroys?
- - Has your anger ruined any important relationships?
- - Do you tend to blames people for how you are feeling?
- - If you continue to blame others, where will you be a few years from now?

# What Anger Destroys

## 2. Anger Disrupts School Relationships.

- Anger limits school progress for students and staff
- Anger blocks a student/staff from focusing on important issues and limits the person to succeed.
- Anger redirects your energy and attention away from work. Instead, a person may focus on revenge, a plot to get even, or even damage another person's work.

# Anger Checklist- How is your Anger

- This simple checklist will give you clues as to your handling of anger
1. People tell you that you need to calm down
  2. You feel tense much of the time
  3. At work, you find yourself not saying what is on your mind
  4. When you are upset, you try to block the world out by watching tv, reading a book, or magazine, or going to sleep
  5. You have trouble going to sleep
  6. You feel misunderstood or not listened to much of the time
  7. Your loved ones keep saying that you are hurting them
  8. Friends do not seek you out as much

# Anger Makes Bad Situation Worse

- Research in psychology has not yet shown whether anger increases or decreases your effectiveness in handling difficulties.

Try to Remember the last time your felt really angry. Remember what you focused on and how you acted.

- 1.) Were you able to calmly consider the best course of action?
- 2.) Were you able to look at all your choices?
- 3.) Did you make the best decision?
- 4.) Do you regret something you said or did?

Anger rarely helps a situation. Anger makes a bad situation worse.

# Anger May Lead to Aggression

- Anger leads to aggression.
  - Have you witnessed violence in your own life?
  - Have you seen violence in the local news/
  - Do you know anyone who has been the victim of drive by shooting?

According to the statistics of the Federal Bureau of Investigation (FBI), one violent crime occurs in the United States every seventeen seconds (U.S. Department of Justice).

Acts of violence are particularly prevalent among teen-angers. Murder or homicide is currently the second leading cause of death among fifteen to twenty four year olds, making the interpersonal violence one of the most important public health problems (U.S. Bureau of the Census).

Acts of Violence: Rad rage, Spousal Abuse, Child Abuse, Elder Abuse, and Violence between children has reached epidemic proportions in the USA. Approximately, 40 percent of all the women who are murdered in the USA every year die at the hands of their boy friends or husbands.

Violence in families also takes a grim toll on young children.

# Expressions of Anger

Everyone gets angry. Anger is a normal emotion that everyone experience at one time or another.

Conflicts with others, not getting one's way, the inability to communicate, or overwhelming stress may cause anger.

Anger in and of itself, is not a problem. Uncontrolled anger is the problem that leads to aggression or violence.



# Anger Turned Outward

- Anger Turned Outward is an expression of angry feeling out of ourselves to others, animals, or objects
- Swearing at someone
- Hostility
- Clenched fist
- Insulting remarks
- Provoking behaviors
- Verbal Abuse
- Violating of other's rights
- Screaming at others
- Argumentative
- Threats to others
- Damage to property

# Anger Turned Inward

- Anger Turned Inward means an expression of angry feelings toward self.
- Feeling upset with self
- Substance Abuse/Use
- Guilt
- Low Self-Esteem
- Sense of Failure
- Self-injuries behaviors (cutting or hitting self)
- Suicide ideations and attempts
-

## ***Positive Aspects of ANGER***

The positive aspects of anger are that you express anger appropriately, are able to communicate your feelings, able to problem solve and can take charge of the situation.

## ***Negative Aspects of ANGER***

The negative aspects of anger are that you can have disruption of your thinking, unnecessarily defend yourself, become aggressive and become known as an angry person.

# Gaining Better Control & Understanding Ourselves

- Stress and Anger are two principle factors that tend to occur in an act of violence toward another person.
- Stress unrecognized or untreated tends to lead to frustration, then anger and all too often violent outbursts.
- Stress and Anger are NOT the problem...violence is the behavior that must be stopped.
- Three (3) basic areas we need to focus in order to manage our anger and better relate to others and ourselves
- 1) Communication: Communication is essential to improving relations with others. This area could be difficult because we have a lot of different personalities
- 2) Anger: Anger is a primitive emotion. It is a feeling of displeasure, which shows itself in a desire to fight back at anything or anyone or ourselves. Our body goes through physiological changes.
- 3) Stress: We encounter many stress in our lives. Stress can be good and it can be bad. An average amount of stress can be useful to us but too much stress can lead to anger.

# What is Stress

- Stress – is a mismatch between the demands in our lives and the resources we have to deal with those demands. Stress could be a positive or a negative occurrence. The type of response produced depends on the individual's reaction to the stressor.
- Stress is Physical: Our bodies react with the “fight or Flight” response.
- Stress is Mental: Stress happens in our thoughts, worry feelings,
- Stress is beneficial: many people do their best work under pressure. A moderate degree of stress over a short period of time is a powerful force to get work done. We often learn the most when we are forced to do something like a project.
- Stress is harmful: Stress hurts when it becomes a way of life. Long-term stress can build up to heart disease, ulcers, cancer, and depression.

# Managing Stress Skill to prevent Anger

- 1. Awareness - Learn to identify your stressors.
- What causes stress in your life?

Which of the Following Causes You Drama from Stress?

1. Unable to express angry feelings (holding anger in, expressing it inappropriately or violently)
2. Really tired
3. Family (death of loved one, relations with spouse, children, parents)
4. School/work related (getting into trouble, not getting your increment, argument with co-workers, administrators)
5. Never have enough time
6. Losing
7. Being cut off in traffic
8. Too much responsibility and too little control over events
9. Anger about things over which you have no control
10. Loneliness of isolating yourself from others
11. Never getting a fair share
12. Overwhelmed because so many exiting things are happening to you
13. Short of money
14. Feeling helpless or hopeless
15. Others?

# What is your body Trying to Tell You about Stress?

| Physical Symptoms        | Emotions     | Behavior               |
|--------------------------|--------------|------------------------|
| Tight neck and shoulders | Depression   | Overeating             |
| Pounding heart beat      | Anger        | Muscle Tension         |
| Chest pain               | Irritability | Change in sleep habits |
| Headaches                | Impatience   | Reckless driving       |
|                          |              |                        |
|                          |              |                        |
|                          |              |                        |



# Recognize Stress

| What Happened   | How I reacted   |
|---|---|
| My boss criticized me at work                                       | Angry/ My stomach was upset all afternoon                 |
| A driver cut me off in traffic                                      | Outraged, I yelled out the window and flipped a finger    |
| A co-worker left work early and left his/her duties to me to finish | I became upset and started an argument with my supervisor |
|   |   |
|   |   |
|   |   |

# Acceptance Skill

- Have you ever been worried about things you can not control? Well, you need to stop worrying/being angry/being stress about the events you can not control.

| I can NOT Control                              | I can Control  |
|--|--|
| The way people drive                           | I can control how fast I drive and how defensively I can drive                               |
| How my co-worker talks to me and feel about me | I can control how I react to my co-worker and how much communication I would give to him/her |
|  |  |
|  |  |

# Self Soothing Techniques

- Many people find that repeating certain phrases to themselves help them accept things or calm down when they are angry.
  1. Someday we will laugh about this ...
  2. It is a learning experience ...
  3. Things could be worse
  4. I will get over it
  5. Calm down
  6. Every cloud has a silver lining
  7. Take things day by day
  8. This does not mean it's the end of the world
  9. I have more serious situations in the past
  10. Chill Out
  11. ....What are some of your phrases you use to calm yourself down?

# The Anger Journal

- When we look at the situations that make us angry, it is common to blame situations and other people for our anger. We tend to think what other people do or what happens to us, causes our anger. What really makes us angry is thinking angrily about those things that happen to us.
- Having an Anger Journal can help us understand our anger and lessen the chances of angry outburst or violence.

## Anger Journal

Situation: Describe the situation about which you became angry.

A: Belief: What did you tell yourself about the situation?

B: Feelings: Describe how you felt?

C: Actions: Describe what you did?

D: Dispute: Change your thought process if your thinking causes the anger. You can change your feelings by questioning your angry thoughts.

# The Anger Journal: Example

- EXAMPLE 1
- Situation: (About which you became angry) I am in a restaurant and have to wait a long time to be served by the server.
- A: Beliefs: (What you think or tell yourself about the situation) The server really sucks, because he keeps me waiting. I hate waiting in line for anything. It is messed up that I have to wait so long. I will not give him a tip.
- B: Feelings (Your feelings following the situation) I felt angry.
- C: Action (What you did because of your anger) I was a “Karen” to the server. I spoke to him in a mean and angry manner. I asked for his manager and I made a complaint and wrote a long letter to the manager asking to fire the server.
- D: Dispute: (Other ways of looking at the situation) I had to wait a long time to be served because it was really busy at the restaurant. There server was doing a good job, considering that he was working alone.

# The Anger Journal :Example 2

- EXAMPLE
- Situation: (About which you became angry) I am driving behind someone going 25 miles per hour in a 35 miles per hour zone. And I am late for work
- A: Beliefs: (What you think or tell yourself about the situation) The person is a real butthead. He should drive according to the speed limit of 35 miles per hour or more because there is no cops around. He should not hold me up. I have to get to work. My boss is watching my time.
- B: Feelings (Your feelings following the situation) I felt angry.
- C: Action (What you did because of your anger) I honked my horn and flipped the other driver off with a middle finger and roared my engine as hard as I can.
- D: Dispute: (Other ways of looking at the situation) Who said he should drive 35 miles per hour or more. I said so. There is no reason I should try and control others. Why do I have to get to work on time? It won't be the end of the world for me. The worst is that my boss will say, just call next time. It would be best to wait and pass him when it is safe to do so. Perhaps I need to drive more defensively.

# Your Angry Journal Experience

- Situation: (About which you became angry)
- A: Beliefs: (What you think or tell yourself about the situation)
- B: Feelings (Your feelings following the situation)
- C: Action (What you did because of your anger)
- D: Dispute: (Other ways of looking at the situation)

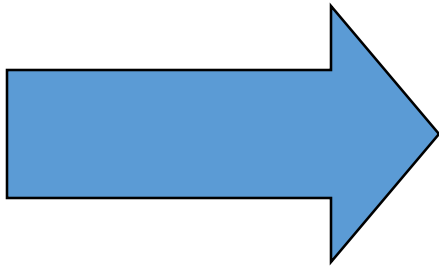
# ***ANGER MANAGEMENT***

- Skills needed in dealing with your anger:
  1. Identify a range of feelings including anger
  2. Identify aggressive acts by self and others
  3. Identify the potential consequences to self and others from these aggressive acts
  4. Identify self-destructive behavior
  5. Identify thoughts prior to aggressive acts
  6. Identify internal cues to feelings of anger
  7. Develop coping mechanisms for dealing with anger
  8. Express anger without loss of control



# ***ANGER MANAGEMENT***

- Identify a range of feelings including anger:



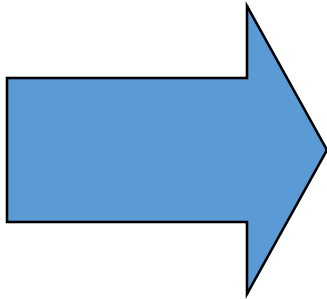
- Embarrassment
- Excitement
- Disappointment
- Jealousy
- Fear
- Helpless
- Sadness
- Left-out

# ***ANGER MANAGEMENT***

- **I am in charge of my own feelings:**
  1. I own my feelings.
  2. It is okay to feel angry.
  3. Anger is part of being human.
  4. I learn how to express my anger in helpful ways.

# ***ANGER MANAGEMENT***

- **Identify aggressive acts shown by self and others:**



- Throw something
- Kick someone or something
- Get in someone's face
- Shoving, grabbing, hitting
- Break something
- Call someone names
- Give someone a dirty look
- Silent treatment
- Get others to “gang up”
- Spread rumors

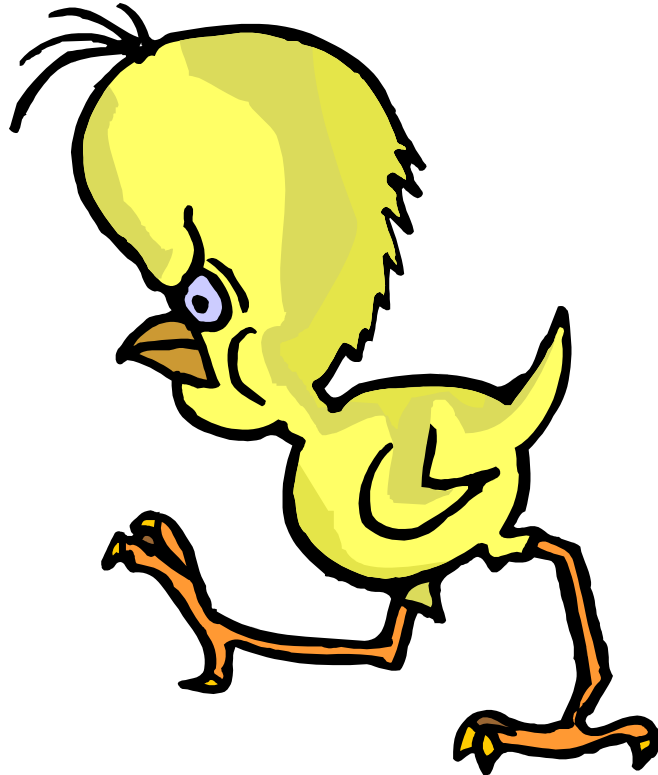
# ***ANGER MANAGEMENT***

- I choose to feel good about myself through expressing my feelings.

1. I express angry feelings in ways that are fair to others and me.
2. I use fair words...e.g.  
“I feel when you”



# ***ANGER MANAGEMENT***



- **The more I learn to take care of my anger the more powerful I become.**

1. I need to control what I do with my anger.
2. I control how I let my anger out.
3. I practice cooling off.
4. I watch my thoughts.

# ***ANGER MANAGEMENT***

- Know the difference between **ANGER** and **AGGRESSION**.
- **Anger** is an emotion. It is ok to be angry.
- **Aggression** is acting out inappropriately and is not ok. Learn to check your aggression and express your anger appropriately.

# ***ANGER MANAGEMENT***

- **Ways to Keep Cool:**

1. Get exercise every day.
2. Eat right.
3. Get enough sleep.
4. Learn to relax.
5. Know your feelings.
6. Write about those feelings.

# ***ANGER MANAGEMENT***

- **Ways to Keep Cool:**

7. Find a quiet place.
8. Take a time out.
9. Find fun distractions.
10. Make good decisions about what you see and hear.
11. Choose friends who make you feel good.
12. Learn to forgive and forget.



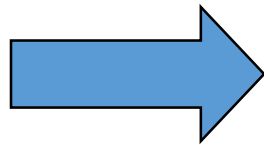
# ***ANGER MANAGEMENT***

- **Identify potential consequences of your anger to others and yourself...what can that mean for you?**
- Physical harm to someone or self
- Destruction of property
- Loss of family/friends
- Loss of job
- Loss of social privileges
- Going to jail
- Getting a bad reputation



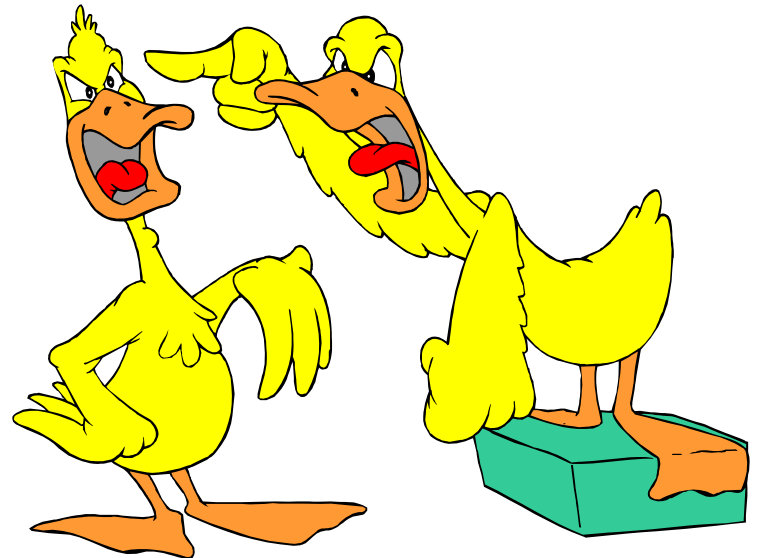
# ***ANGER MANAGEMENT***

- **Identify self-destructive behavior...How does that help or hurt you?**
- Negative self-talk
- Blaming everyone else
- Taking everything personally
- Assuming
- Overeating, drinking
- Driving recklessly
- Taking drugs
- Looking for fights
- Feeling outraged



# ***ANGER MANAGEMENT***

- **I stop blaming others and myself.**
  1. Blaming only keeps people upset.
  2. Blaming is a way of not respecting people.
  3. I express my feelings and then try to work things out.



# ***ANGER MANAGEMENT***

- **Identify thoughts prior to aggressive acts:**



- You did that on purpose...
- You wanted to hurt me...
- You deserve this...
- You never even asked me...
- You're being unreasonable...
- You think you're so good...
- I'll show you...
- You started it...
- There's no justice...

# ***ANGER MANAGEMENT***

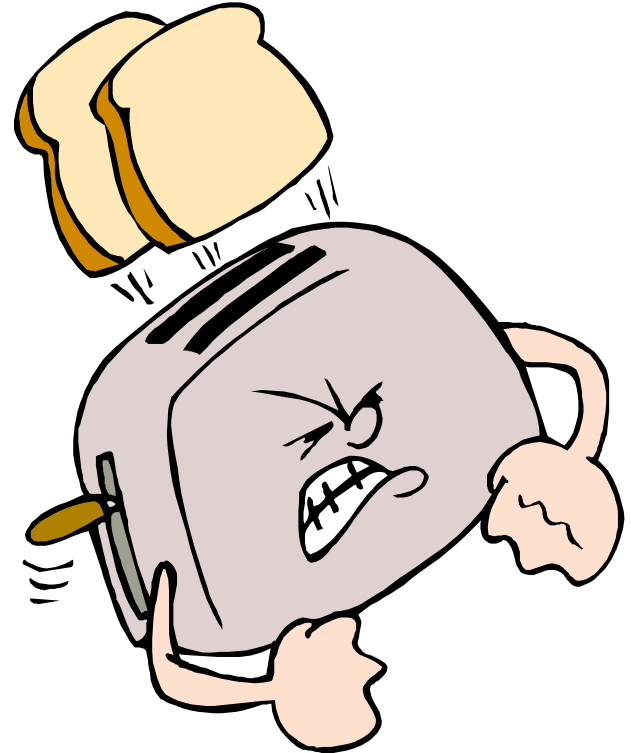
- **Identify internal cues to feelings of anger:**



- Stomach gets tight/upset
- Heart is beating faster
- Clenching fists
- Feel myself getting flushed
- Pressure on my temples
- Sweaty palms
- Clenched jaw

# ***ANGER MANAGEMENT***

- **I don't have to hold on to my anger.**
  1. I find ways to let it go
  2. I talk about hurt and angry feelings.
  3. I look for someone to discuss my anger.
  4. I discuss my words and actions that hurt others.



# ***ANGER MANAGEMENT***

- **Steps to taming anger**
  1. Know what pushes your buttons.
  2. Know your body's anger signs.
  3. Stop and think!
  4. Cage your rage...it's your choice.
  5. Decide what to do.



# ***ANGER MANAGEMENT***

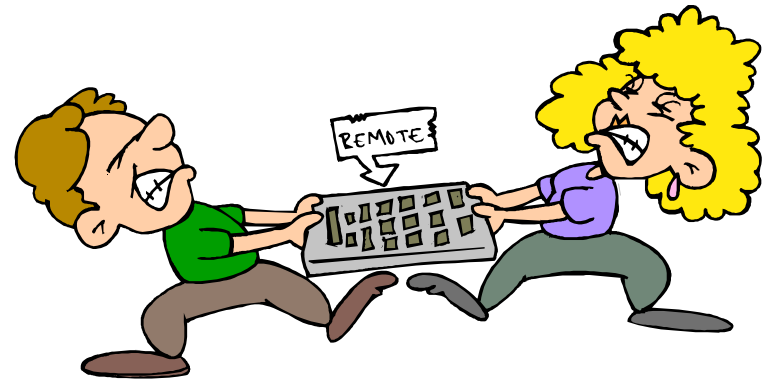
- **I take power.**
  1. I stand up for myself and others being hurt.
  2. I learn to defeat negative self-talk.
  3. I feel good about learning about myself.
  4. I am strong when I use fair and firm words instead of fists.



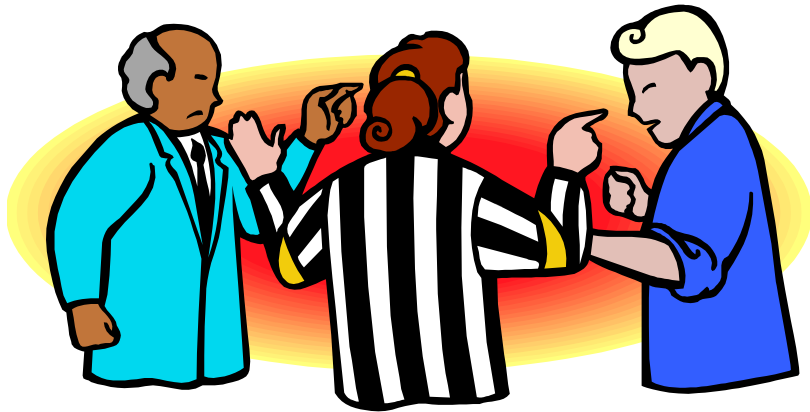


# ANGER MANAGEMENT

- I remember that people are precious.
1. I watch my thoughts, words, and actions.
  2. I stop hurting people with my words and actions.
  3. I take ownership of the hurtful things I do and say.
  4. “Bullying” hurts everyone.



# ***ANGER MANAGEMENT***



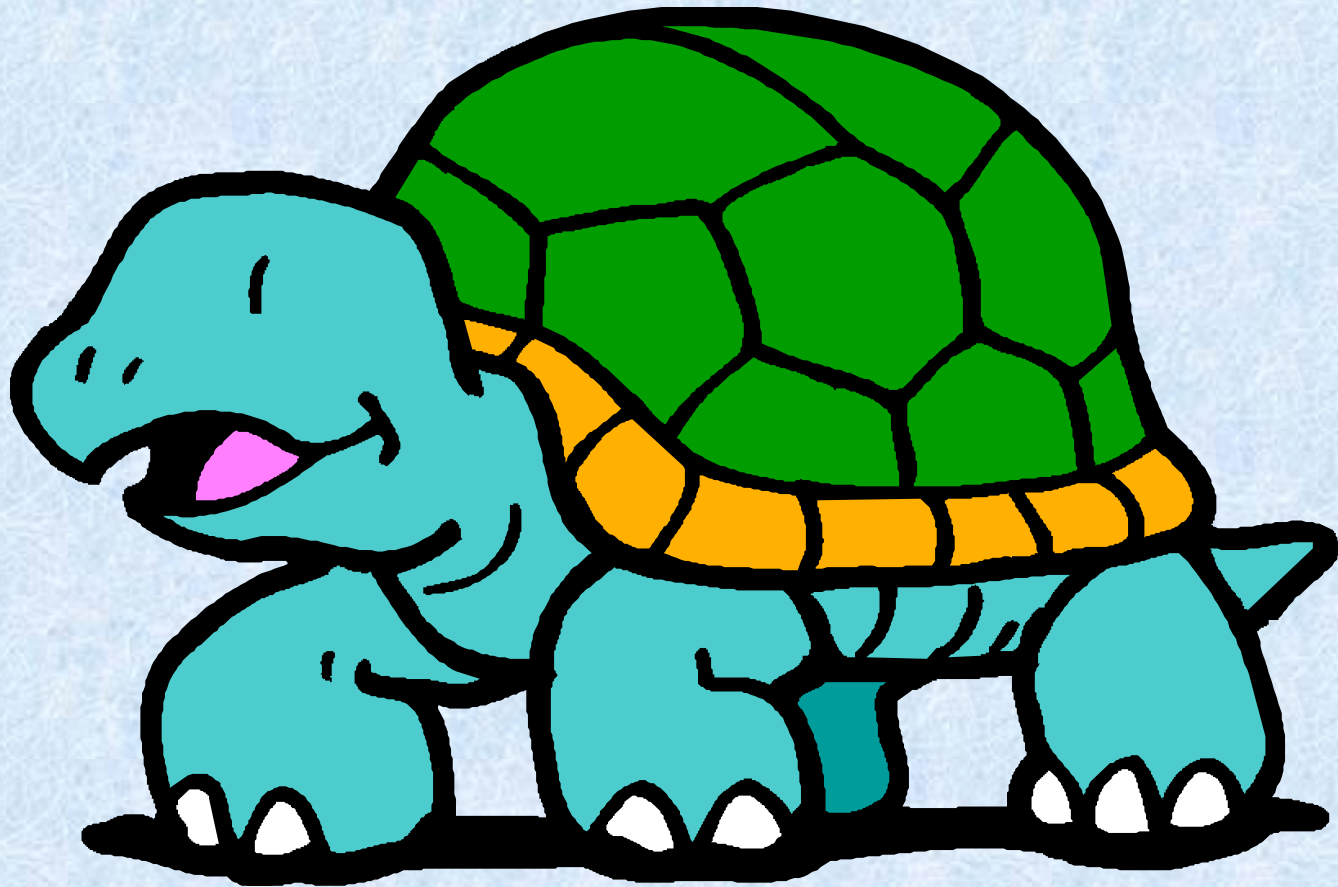
1. Calm down
2. Name the problem
3. Find solutions
4. Pick the best solution
5. Congratulate yourself
6. Evaluate the solution
7. Make changes if necessary

# ***ANGER MANAGEMENT***

- Calm down
- Show mutual respect
- Name the problem
- Find solutions
- Choose the best solution
- Congratulate yourself
- Review the solution that was picked

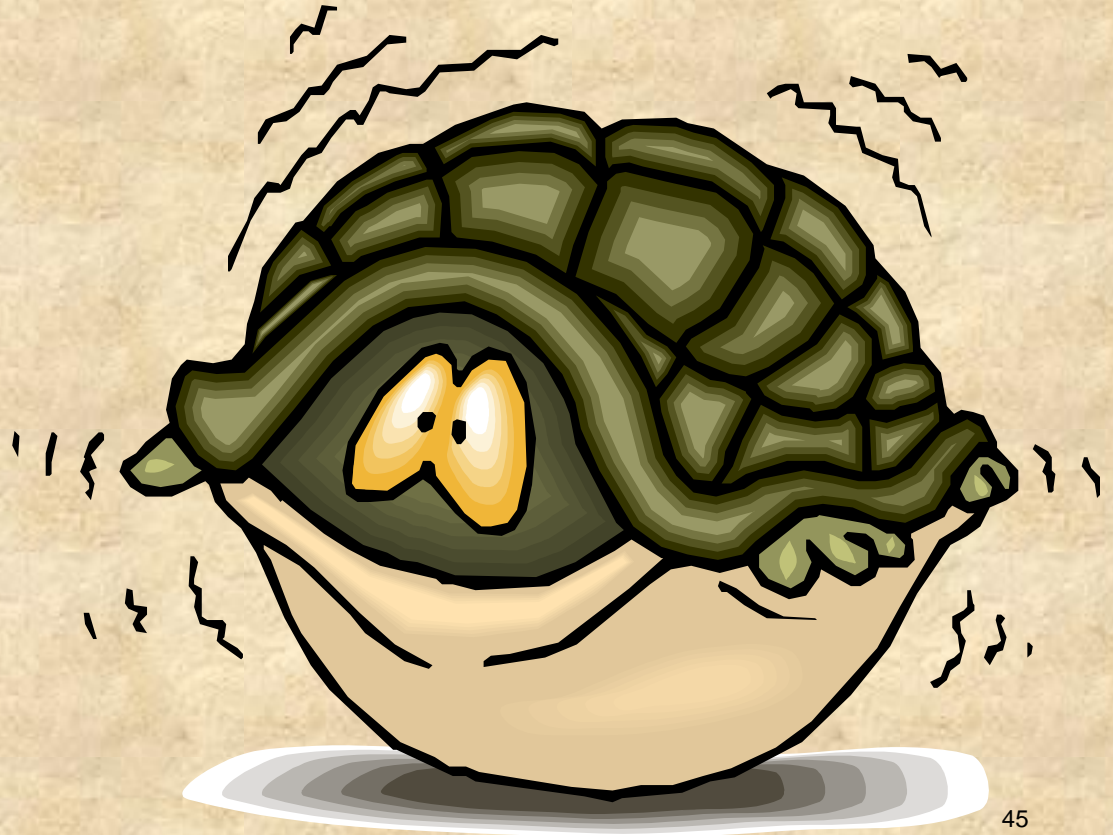
When you are ANGRY and UPSET  
remember...

1-2-3 TURTLE



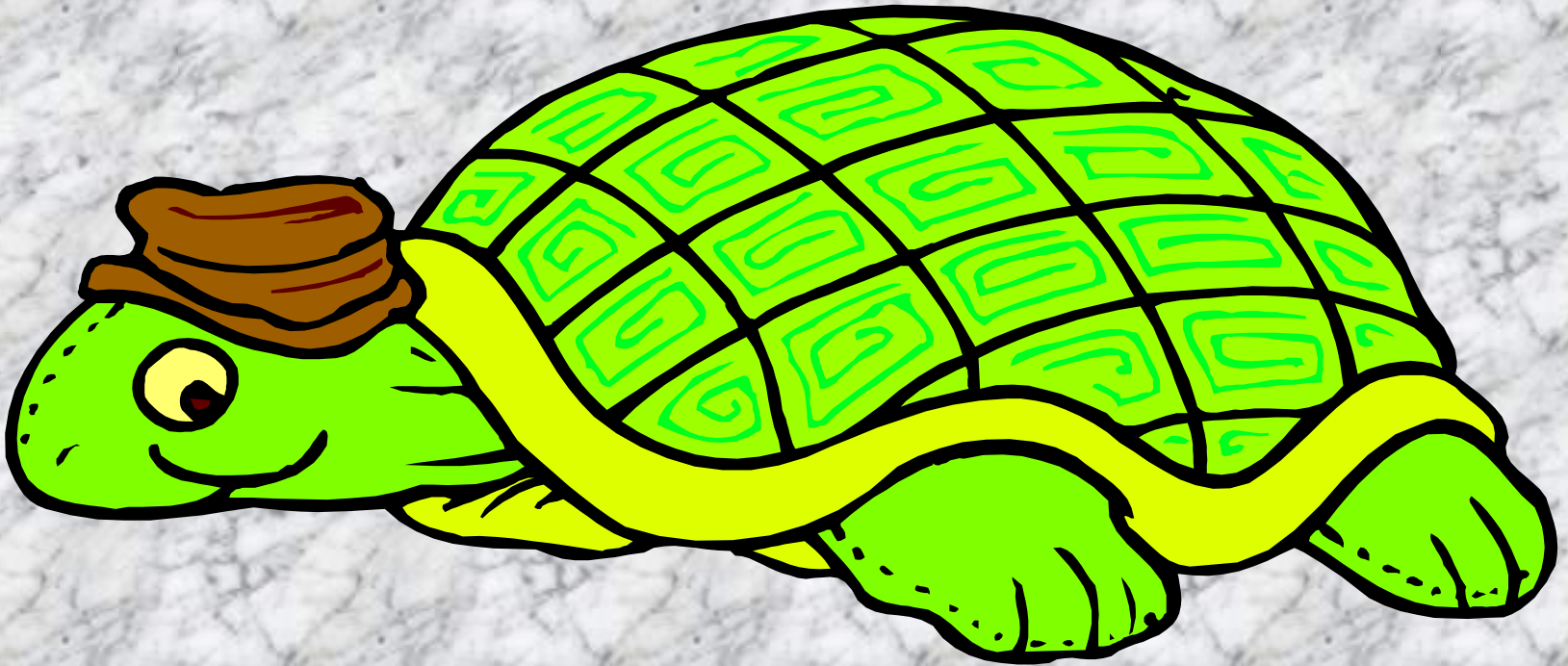
# 1 – Go inside your shell

- THINK before you ACT
- Take a “Time Out”



# 2 – Take 3 Deep Breaths

- Time to RELAX
- Calm yourself down



# 3 – Walk Away

- Think of a good solution



# Good solutions other kids have used

- Tell a teacher or an adult
- Talk it out
- Ask for advice
- Be honest about your feelings

