

Anger



Anger...

Keep it in or let it out?

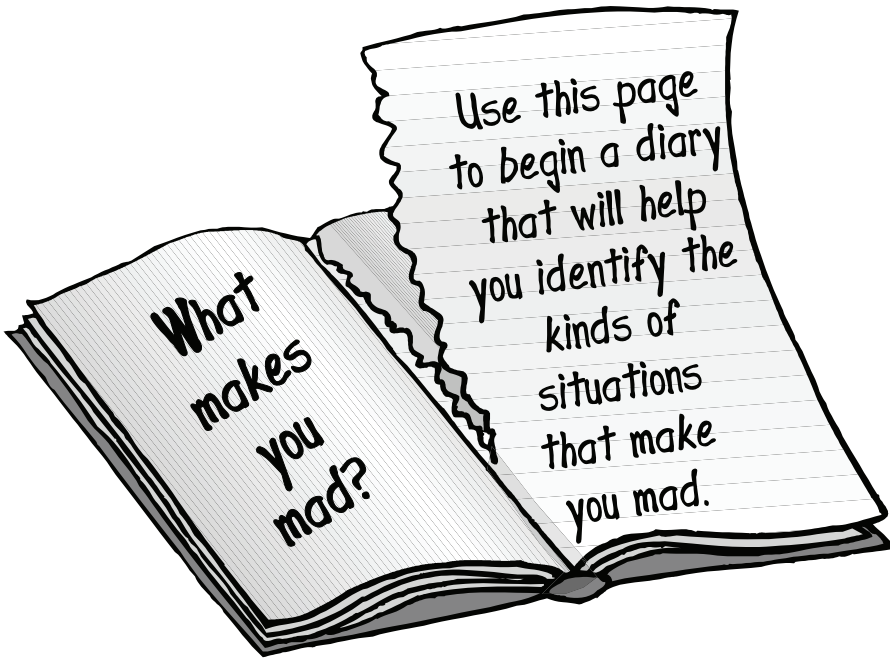
Someone, someway, somehow has gotten in your face and you are mad. Furious Ready to explode. Your heart pumps. Screams and insults form at the back of your throat. Your hands close into fists.

What do you do? Keep it in or let it out?

It's your choice. List reasons for and against below

Reasons to keep anger in:

Reasons to let anger out:



Date:

Situation:

People involved: _____

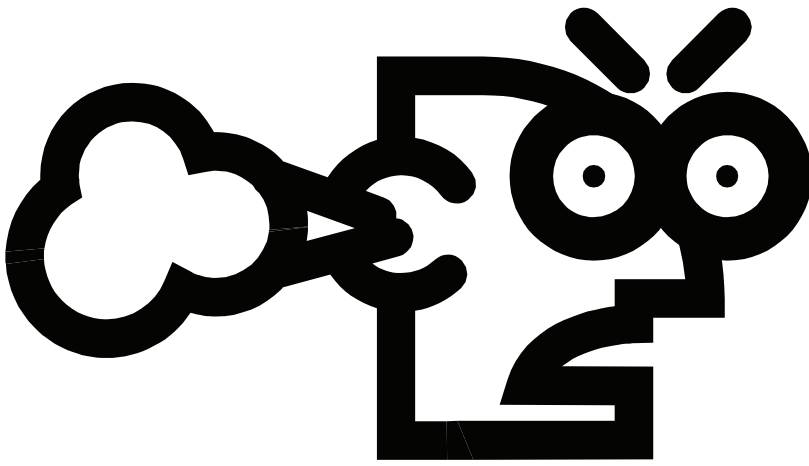
Why I was angry: _____

What I felt: _____

What I said or did: _____

Date:

Situation:



People involved: _____

Why I was angry: _____

What I felt: _____

What I said or did: _____



Rate how angry each of the following situations would make you	Not at all Mad	Mad	Boiling Mad
1. Someone cut in front of you in line			
2. Your friend borrows your favourite CD and loses it.			
3. A group of kids are teasing you.			
4. Someone insults your family.			
5. Kids in school are gossiping about you.			
6. Your mother is nagging you to clean your room.			
7. Your little sister took your stuff without asking.			
8. Someone makes a nasty comment about you in the street.			
9. A bigger kid beat up your little brother.			
10. Your mother looked in your room and read something private.			

1. What else makes you mad?

2. When you get boiling mad how do you feel physically?

3. What do you do with that feeling?

Staying in Control

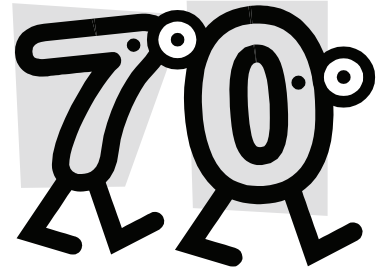


The Warning Light

1. Picture a light inside your head. Imagine that it flashes a warning when you need to stop and think before speaking or acting.
2. Remember to check your light whenever you are in a situation that is making you angry.

Counting to Ten (or higher)

1. Take a deep breath and start counting slowly to yourself.
2. Keep listening to the other person as you count. Don't provoke him or her by revealing what you are doing.
3. Look the other person in the eye.



Self Statements

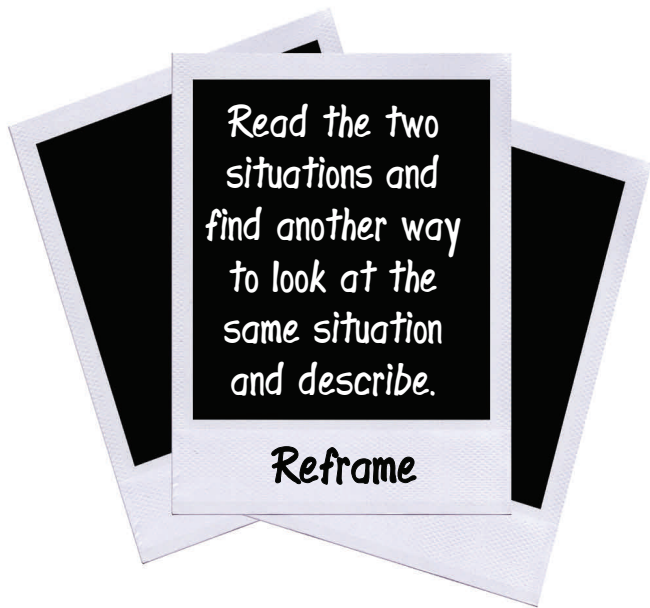
Sometimes just telling yourself not to get angry can help keep you calm. Examples of effective self statements:

- I don't have to let this get to me.
- I don't need to fight about this.
- I can handle this.
- I can stay calm.
- I enjoy feeling calm and in control.



Ask yourself questions like these:

- Is it worth getting angry about?
- Am I sure this person is really out to hurt or insult me?
- Is there another way to get what I want?



Read the two situations and find another way to look at the same situation and describe.

Reframe

You find out that someone is spreading nasty rumors about you in school. You see your best friend whispering to a classmate, and then they both look your way and laugh. You're sure your friend is responsible for the rumors.



Reframed Picture:

You're standing in a long line to get tickets to a movie. A person standing in front of you sees someone they know and calls them over to talk. As they're talking, the new person appears to be joining the line.



Reframed Picture:



My Personal Situation Reframed:

