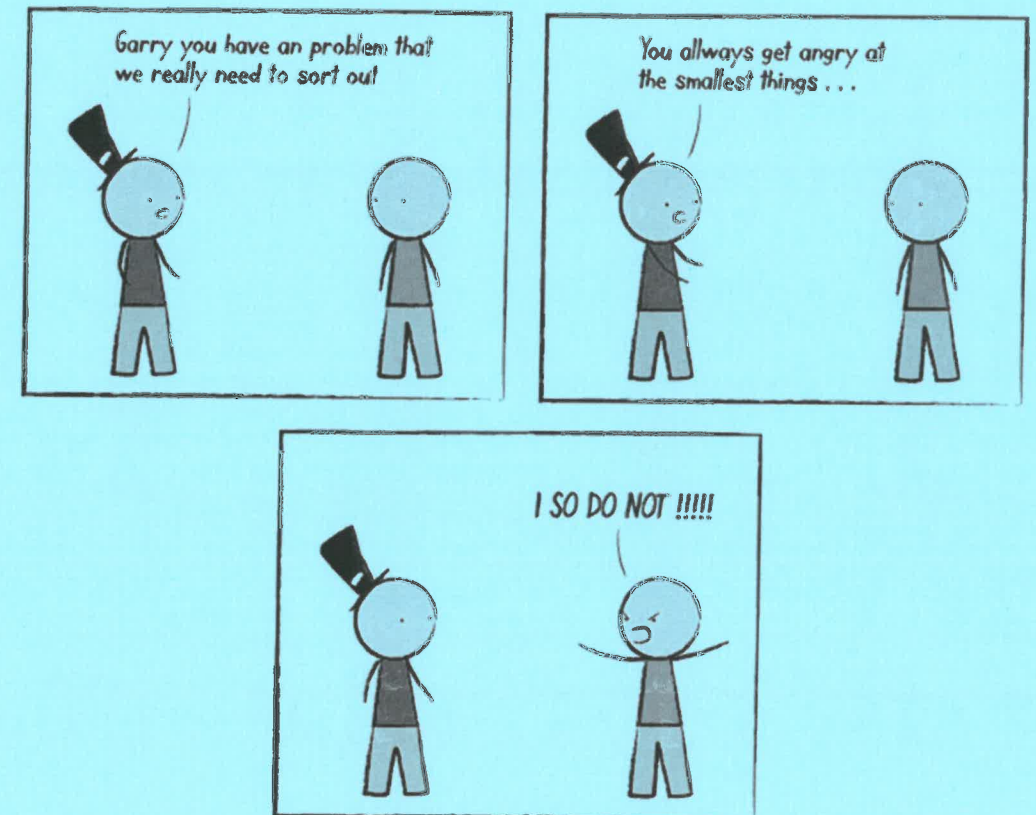


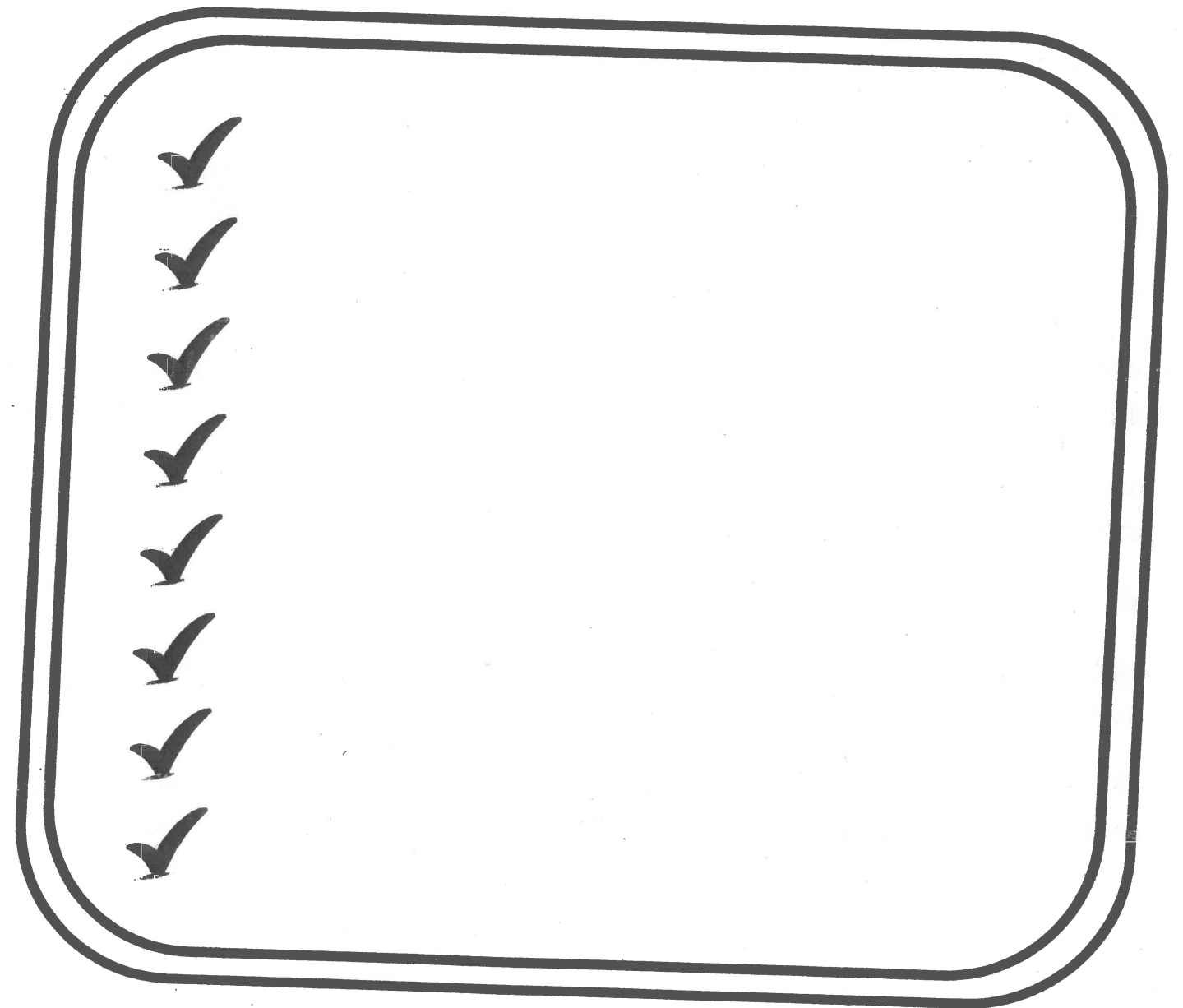
Anger Management



Name.....

Worker.....

Group Contract



A large rounded rectangle with a double border, containing a vertical column of eight checkmarks on the left side.

Signed.....

Date.....

Group name.....



This can either be to run away (flight) or to stay and defend yourself (fight).



These chemicals make the heart  beat faster so that blood can be pumped around the body to the muscles.

[illegible]

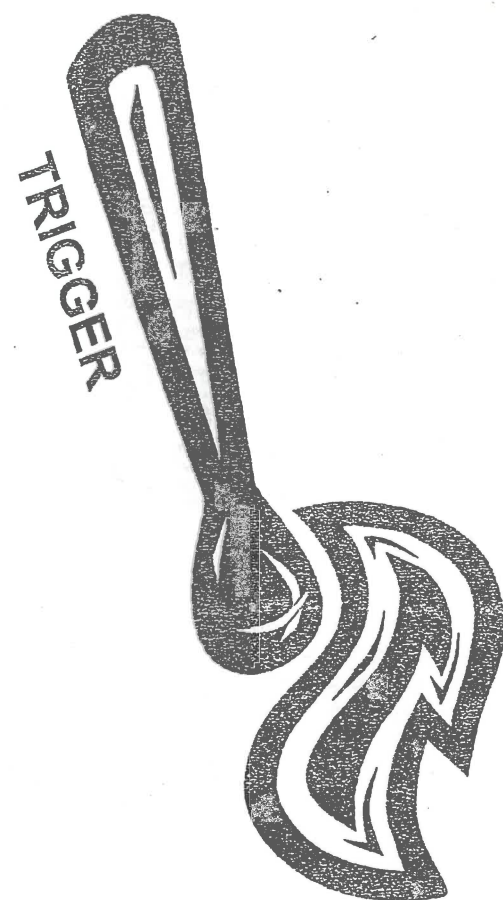
THOUGHTS AND FEELINGS

PHYSICAL REACTION

ACTION

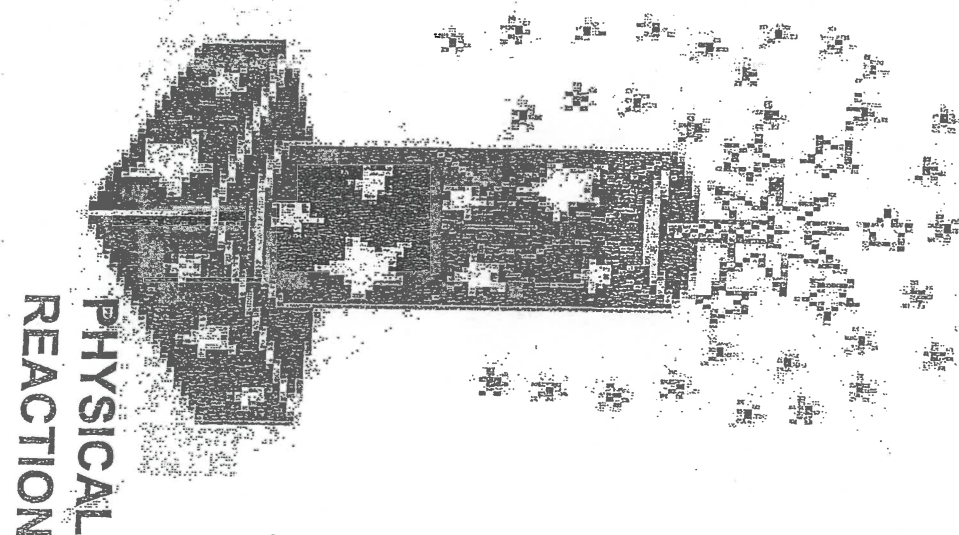
INCIDENT RECORD

D



EMOTIONAL
REACTION

THOUGHTS
AND
FEELINGS



PHYSICAL
REACTION

1

10

LEVEL OF ANGER

INCIDENT RECORD

The angry person is too sensitive to all that the world owes them that they are blind to all they have received.

Holding anger is a poison. It eats you from the inside. We think that hating is a weapon that attacks the person who harmed us. But hatred is a curved blade. And the harm we do, we do to ourselves.

Anyone can get angry—this is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose and in the right way—that is not easy.

The moment we get angry when in a dispute with someone, we stop focussing on the truth and start focussing on ourselves.

Anger, if not controlled, is frequently more hurtful to us than the injury that provokes it.

What happens to your body when you are angry?

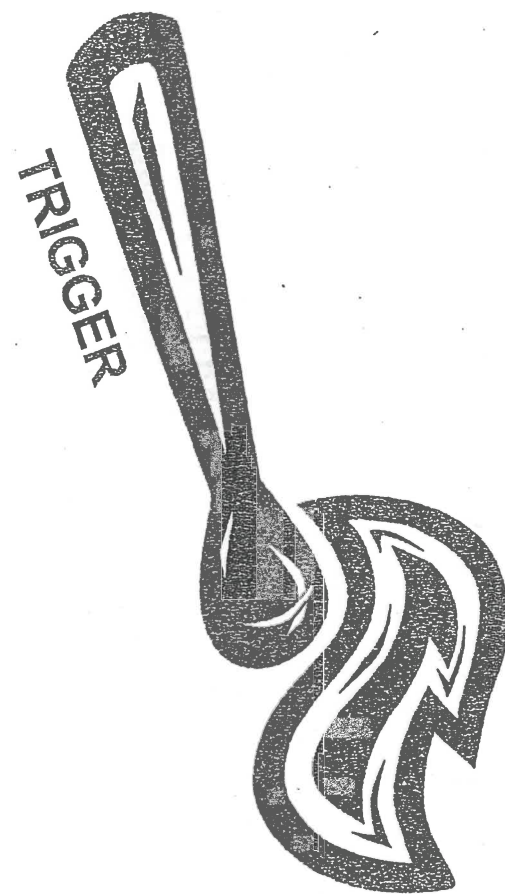
Using the following notes, discuss the function of adrenaline in the body.

The group should begin to understand that everyone experiences a 'fight' or 'flight' response at some time but, as with any experience, the more often it is triggered the quicker our reactions become.

Ask the group what experiences have triggered their 'fight or flight' mechanism. Has it been a reaction to a real situation? Or to something on a film or TV? At home? At school?

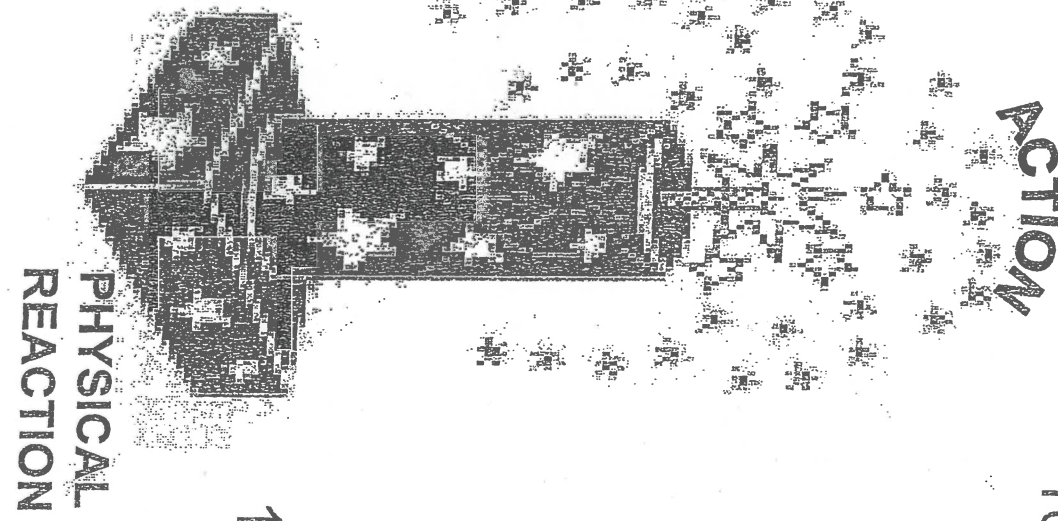
Allow enough time to explore this with the group and share their experiences. Follow up with questions like these:

- When you are getting wound up or angry, which part of your body gives you a signal that this is happening to you? What does it feel like? Is this a useful feeling?
- Have you noticed this signal in the past? How will you use it in the future? What ideas do others in the group have about how we might use this feeling or signal?
- You are hearing lots of ideas from the people here. Which one will be the most useful to you?
- When you have tried using the signal, what have you expected to happen?



EMOTIONAL
REACTION

THOUGHTS
AND
FEELINGS



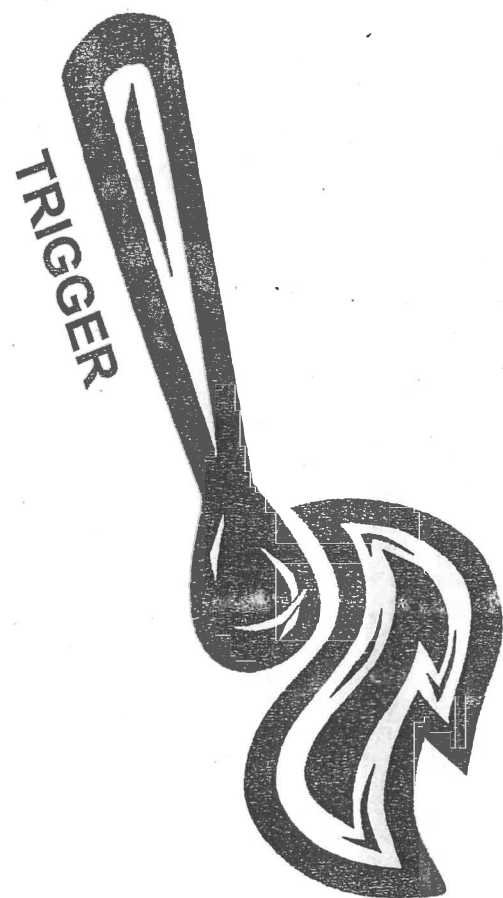
PHYSICAL
REACTION

INCIDENT RECORD

ACTION

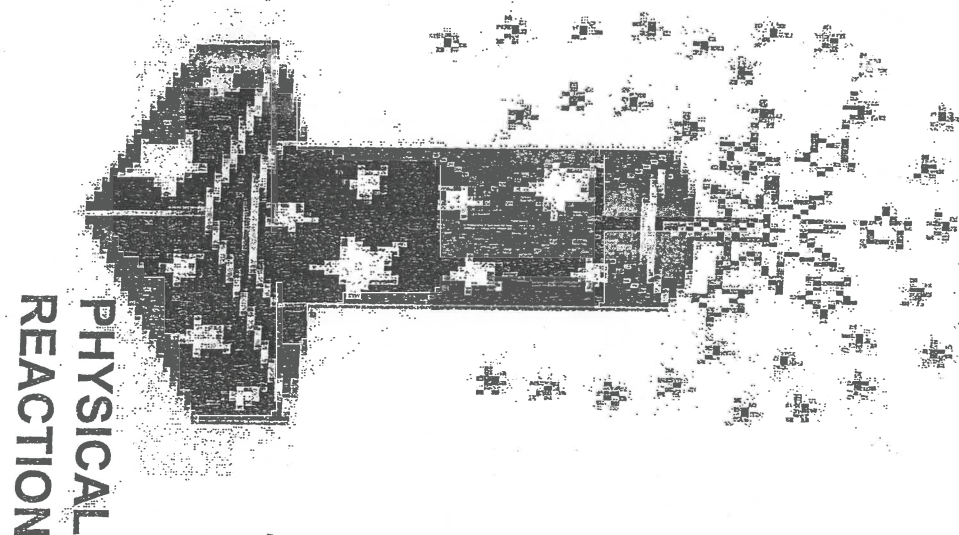
10

LEARN TO FEEL



EMOTIONAL
REACTION

THOUGHTS
AND
FEELINGS



PHYSICAL
REACTION

1

10

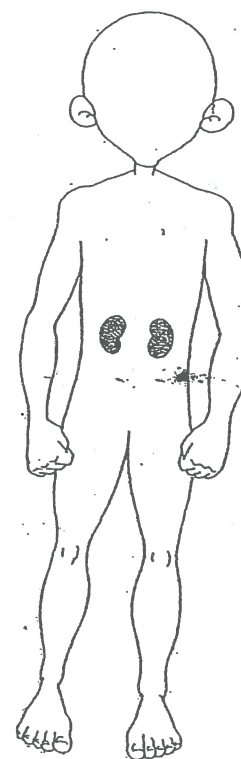
LEVEL OF ANGER

Adrenal glands

Your adrenal glands are small hormonal organs that lie on top of your kidneys. The outer part of the gland produces three hormones to control the balance of minerals in your blood, chemicals to regulate your metabolism (your body's chemical changes) and hormones for reproduction.

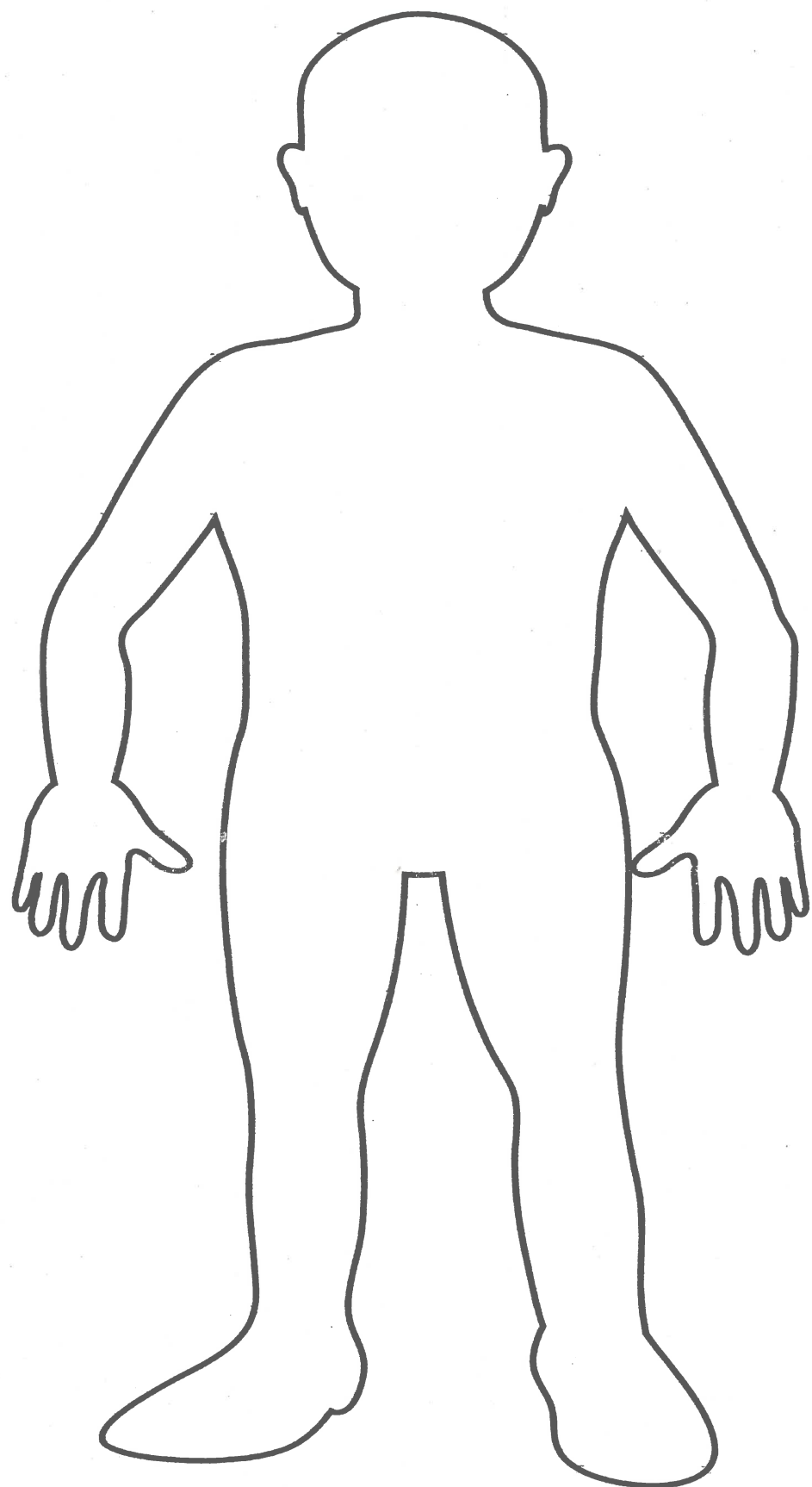
The inner part of the gland produces (epinephrine) adrenaline, a hormone that enables the body to react instantly to stress.

These are
your kidneys



The next page shows some of the changes that happen to our body when we are getting ready to take care of ourselves. This happens to everybody - even people you would never imagine could get worked up!

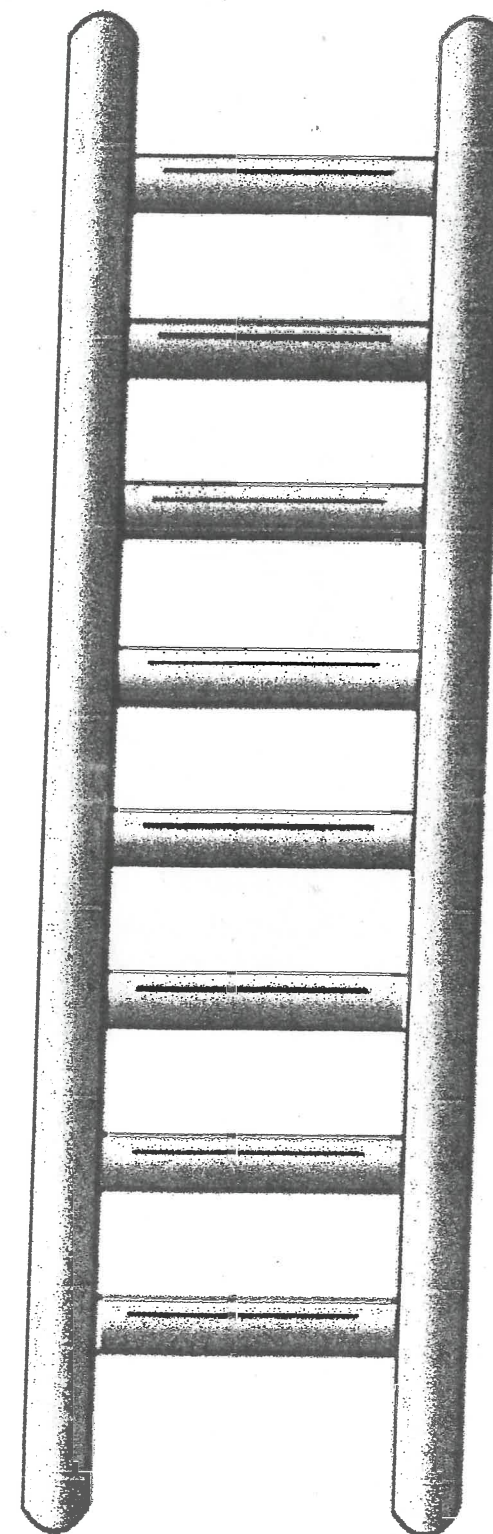
What happens in our body and mind
when we get angry?



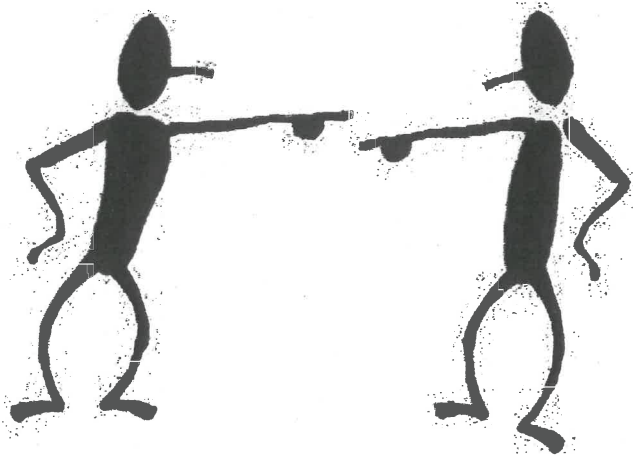
My Ladder to Success

Write the goal that you would like to achieve at the top of the ladder. Write the steps that will take you there, with the easiest at the bottom.

My goal is:



THE BLAME GAME



What do we mean by blame?

Why do we blame?

How does blaming help us?

People often blame others for things that have happened to them but it rarely does any good.

What is the opposite to blame?

People who manage to not blame others are moving towards taking **responsibility** in their lives.

What happens to your body when you are calm?

Introduce the sheet *What happens to your body when you are calm?* We are now concentrating on knowing when the body is calm or angry.

Discuss with the group how they feel now – is it calm, tense, excited, bored? Ask the group these questions:

- Do you feel different when you feel angry?
- Is your tummy different? Muscles? Hands?
- What is a 'calm' colour? Choose your own and use it to colour in your worksheet.
- When do you feel calm and relaxed?
- Which feels better – being calm and relaxed or tensed up and excited? Why? What do you notice?
- What do you do differently when you are calm?
- Do you work better? Concentrate more?
- Can you sort things out more easily when you are calm?

Tense muscles

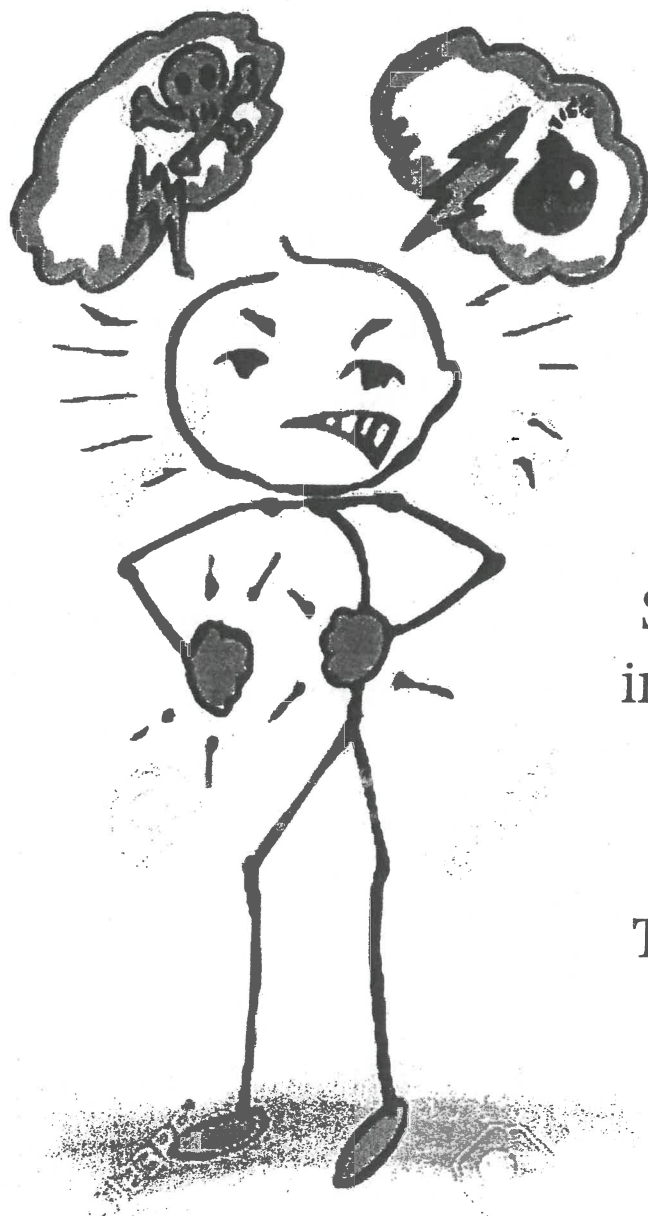
Angry face

Breathing
quickly

Heart beating
faster

Feeling
fidgety

Sweating



Eye pupils get
bigger

Strange feeling
in your stomach

Teeth clench

Mind starts
racing

THEN:

Throw

Shout

Swear

Slam

Hit

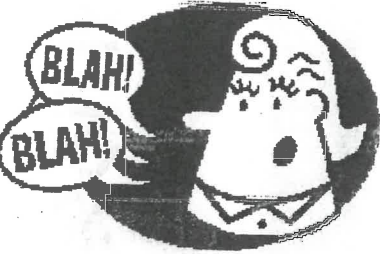
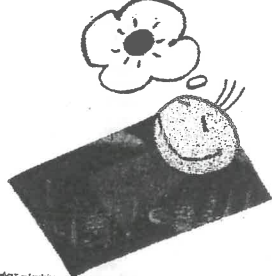
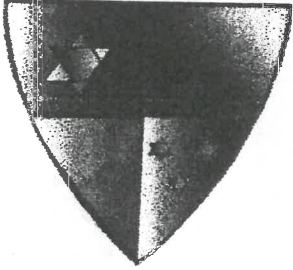
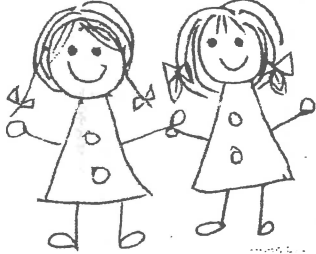
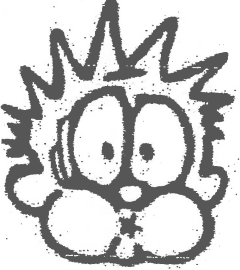
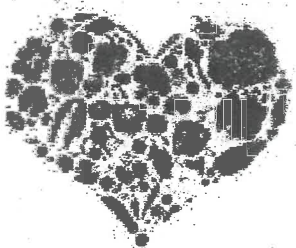
Things I will do

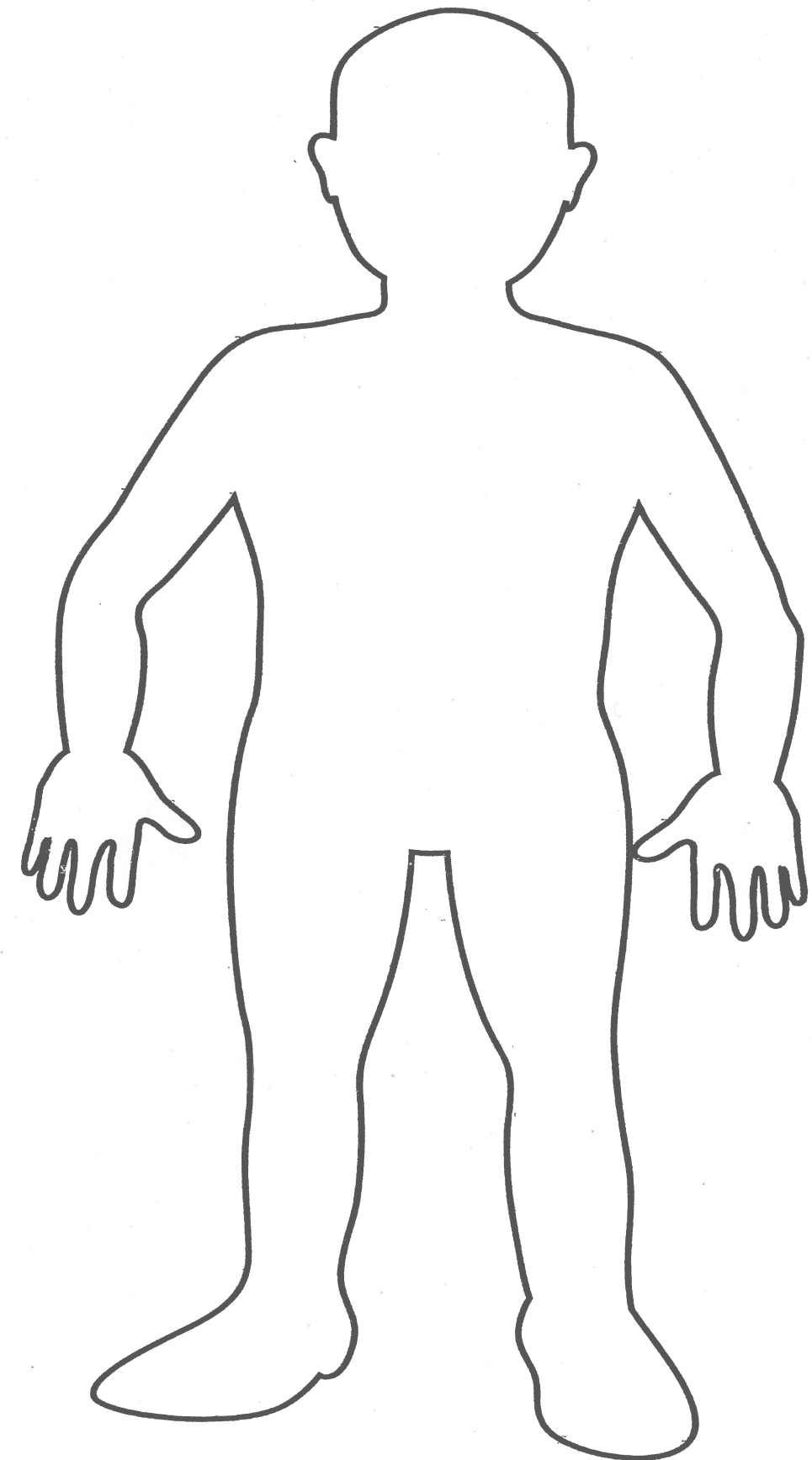


to stay calm..

Keeping calm

What happens in our body and mind when we are calm?

	Walk away from the incident		Count to 10
	Talk yourself into feeling calm		Pretend to be somewhere else
	Hide behind an imaginary shield		Do some exercise
	Talk to a good friend and have fun!		Listen to music
	Breathe deeply and slowly		Relax clenched muscles
	Eat something good for you		Have a lie down



Thought—Emotion—Action

[illegible]

The Block!

VISUAL SEE IT



Verbal “STOP!”



AUDITORY

KINESTHETIC
DO IT

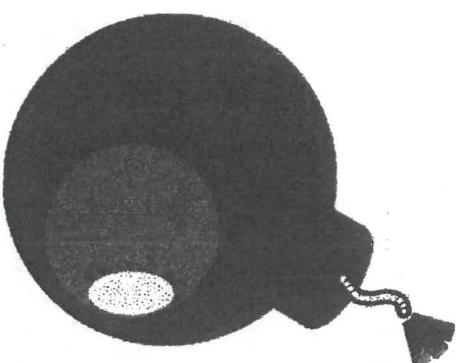


If you truly believe that you have **choices** about how you react, you will **succeed**.
You have control over all your thoughts and actions if you allow your mind to overcome what is happening in your body.

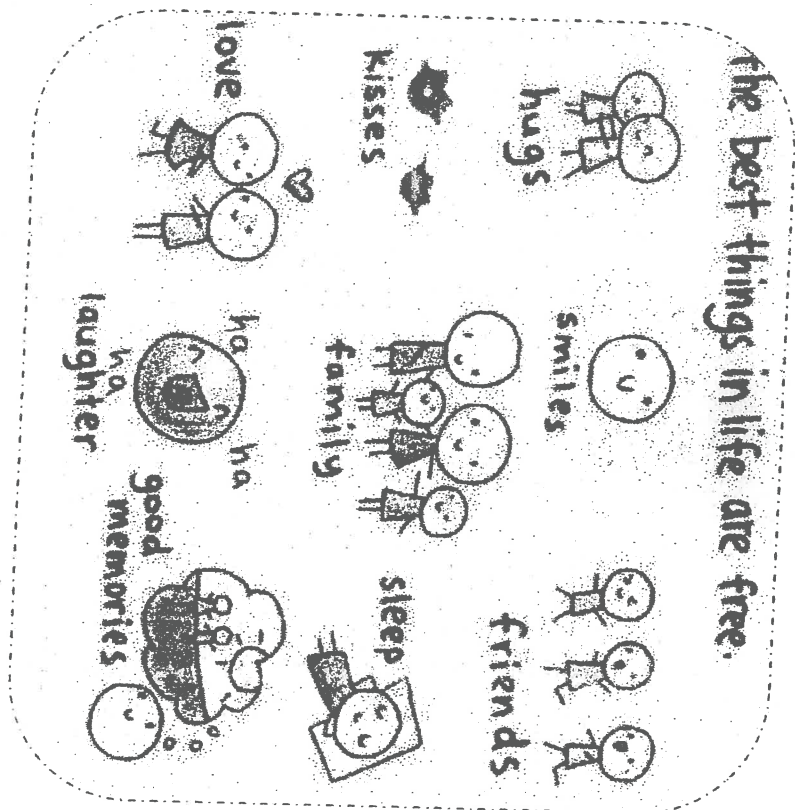
FIXED MINDSET		GROWTH MINDSET	
• SOMETHING YOU'RE BORN WITH • FIXED	SKILLS	• COME FROM HARD WORK • CAN ALWAYS IMPROVE	
• SOMETHING TO AVOID • COULD REVEAL LACK OF SKILL • TEND TO GIVE UP EASILY	CHALLENGES	• SHOULD BE EMBRACED • AN OPPORTUNITY TO GROW • MORE PERSISTENT	
• UNNECESSARY • SOMETHING YOU DO WHEN YOU ARE NOT GOOD ENOUGH	EFFORT	• ESSENTIAL • A PATH TO MASTERY	
• GET DEFENSIVE • TAKE IT PERSONAL	FEEDBACK	• USEFUL • SOMETHING TO LEARN FROM • IDENTIFY AREAS TO IMPROVE	
• BLAME OTHERS • GET DISCOURAGED	SETBACKS	• USE AS A WAKE-UP CALL TO WORK HARDER NEXT TIME	



What lights my fuse



What could you do to feel good about yourself?



Worksheet 1

What makes me angry?

Stop the match being lit!

Here is a list of statements describing what makes some people angry. Tick the ones that are true for you and add some of your own that have not been listed.

- When people talk about me behind my back
- When I get my work wrong
- When other people get hurt
- When others won't play with me
- When I'm treated unfairly
- When I'm shouted at
- When people interfere with my games
- When people stop me doing what I want to
- When others get more attention than me
- When people call me names
- When I'm losing at football
- When people are rude about my family
- When people bully my friends
- When someone calls me a liar
- When someone pushes me
- When I get told off and others don't
- When things get broken
- When someone takes my things
- When there is a lot of noise and I'm trying to concentrate.
- When I have to do something I don't want to do
- When I'm told off in front of my friends
- When I get interrupted
- When people don't give me a chance
- When other people are angry
- When people don't listen to me
- When people don't understand me

Other things that make me angry are:

1.
2.
3.
4.

How Do I show my anger?



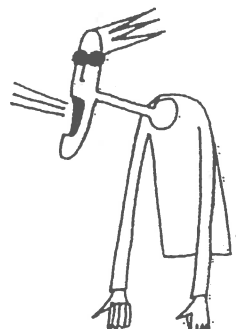
SECTION B

In Column A, indicate how you rate the usefulness of these ways of handling anger. Add to the list if you wish.

these help - ✓
these don't help - ✗
not so sure - ?

In Column B, rate your personal use of these ways of handling anger

Yes, I do this = Y
No, I never do this = N
I might do this = M



SCREAM

A	B	
		shout at the person
		cry
		scream
		run away
		count to 10
		take it out on your little brother
		hit the person
		slam the door
		tell yourself to calm down
		play music loudly
		talk to a friend
		kick a football
		read a book
		swear
		go for a run
		talk openly to the person you are angry with
		pretend you are not angry
		eat and eat
		break something
		smoke
		write graffiti
		breathe deeply
		go somewhere on your own
		lock yourself in the bathroom
		watch TV
		sleep
		imagine something pleasant
		think 'bad' things about the person you are angry with
		write your feelings on paper and then tear it up
		say nothing

SECTION C

When I am angry, two things I do which help are:

1 _____
2 _____

Next time I shall try:

1 _____
2 _____

When I am angry, two things I do which don't help are:

1 _____
2 _____

I get angry a lot

I seldom get angry

I manage anger well

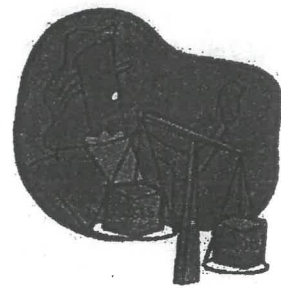
I manage anger badly

I am proud!

1

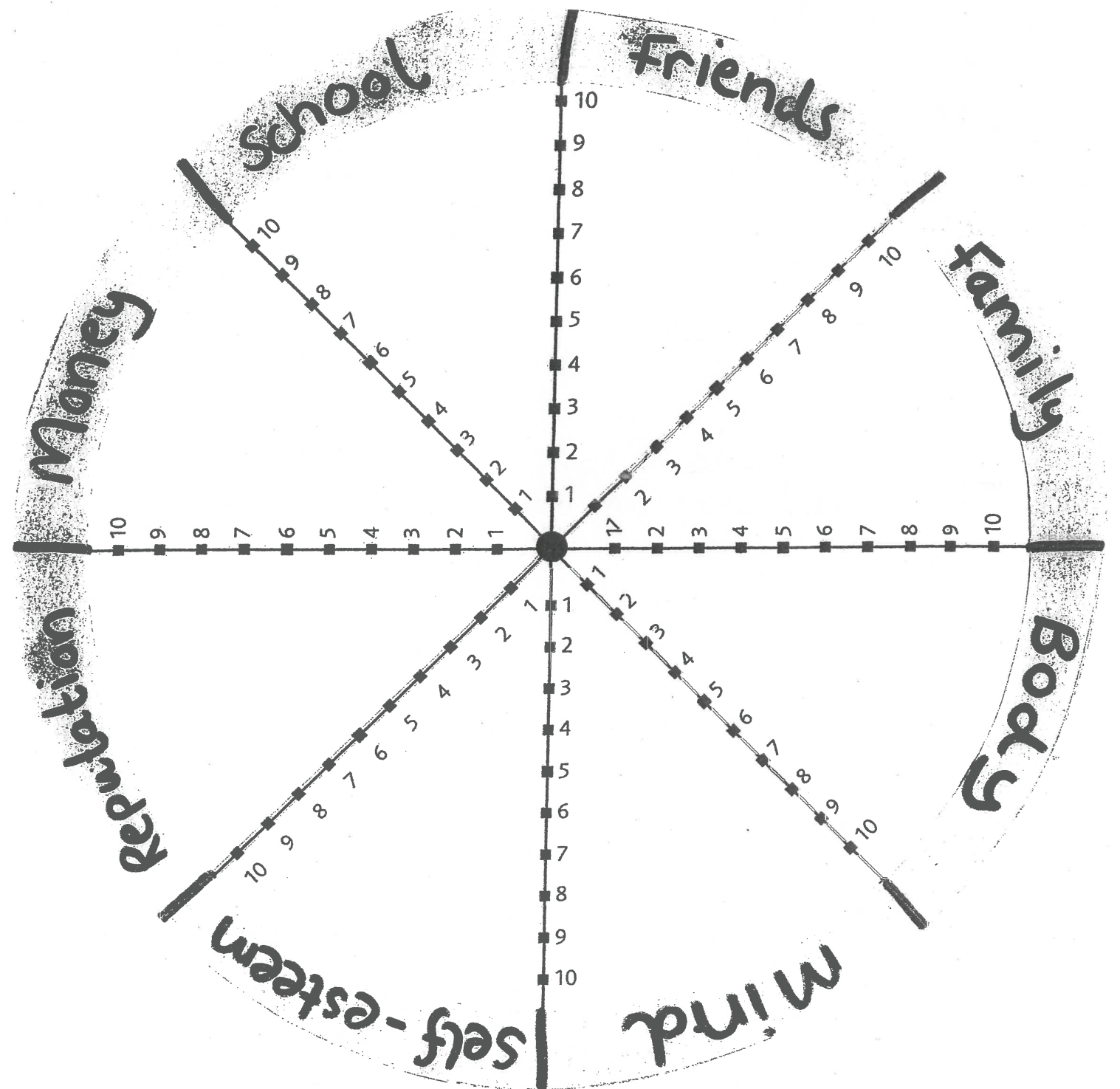
2

3



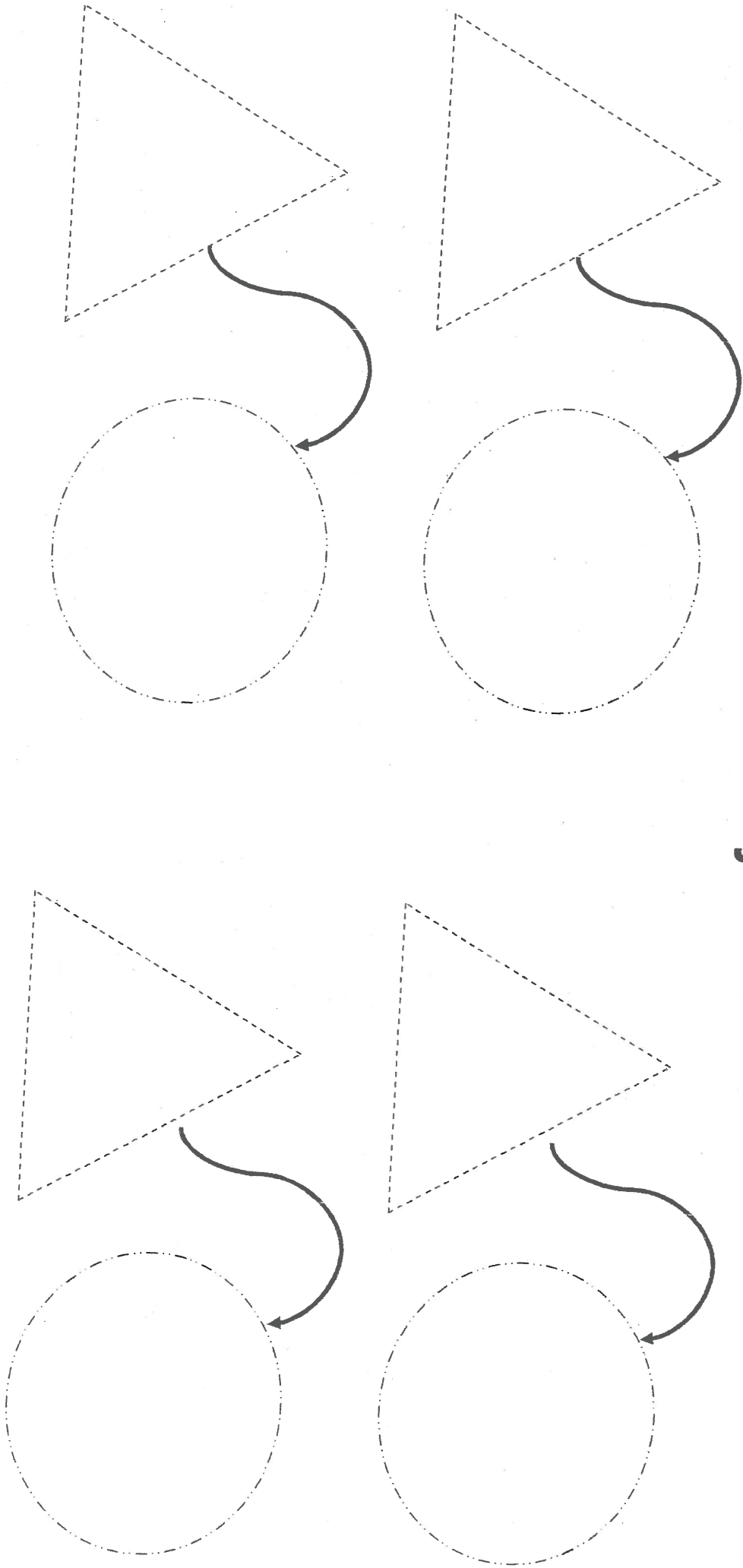
The cost of my anger

Assess the ways that anger has a negative impact on your life. Give yourself a score of 1 to 10 depending on how anger has impacted you in each area on the wheel: 1 is a massive impact and 10 is no impact at all. Join the points on each section to draw a wheel. This will show you how balanced overall your anger is and the areas you really need to focus on and set goals for improvement.

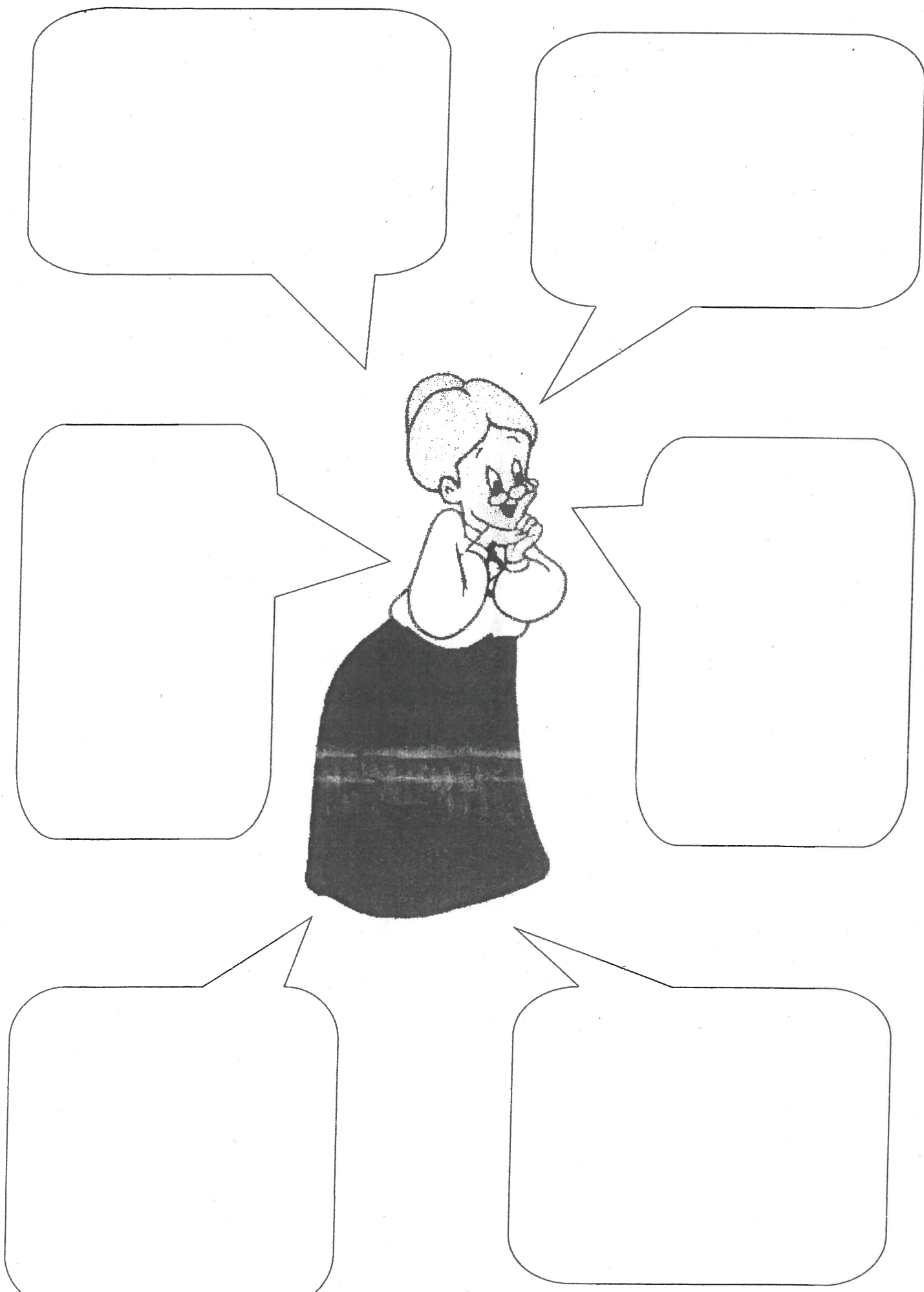


Reframing

Instead of viewing your 'flaws' as negatives you should turn them to positives.
Give it a go!



Imagine your Granny was watching you; what would she say?



Words to describe myself:

SNAPSHOT



My number 1 fan is.....



Words they would use to describe me:

Who do you want to believe?