

P. Anger Management

Basic

Has an awareness of how anger escalates	AM-1
Knows how to identify physiological symptoms associated with anger	AM-2
Knows how to identify triggers of anger	AM-1, AM-3
Knows how to identify thoughts and feelings associated with anger	AM-4
Knows how to identify activities/strategies to manage physiological signs/symptoms of anger	AM-5
Knows how to identify support network for dealing with difficult situations	AM-6

The full Strategies for Anger Management can be purchased here:

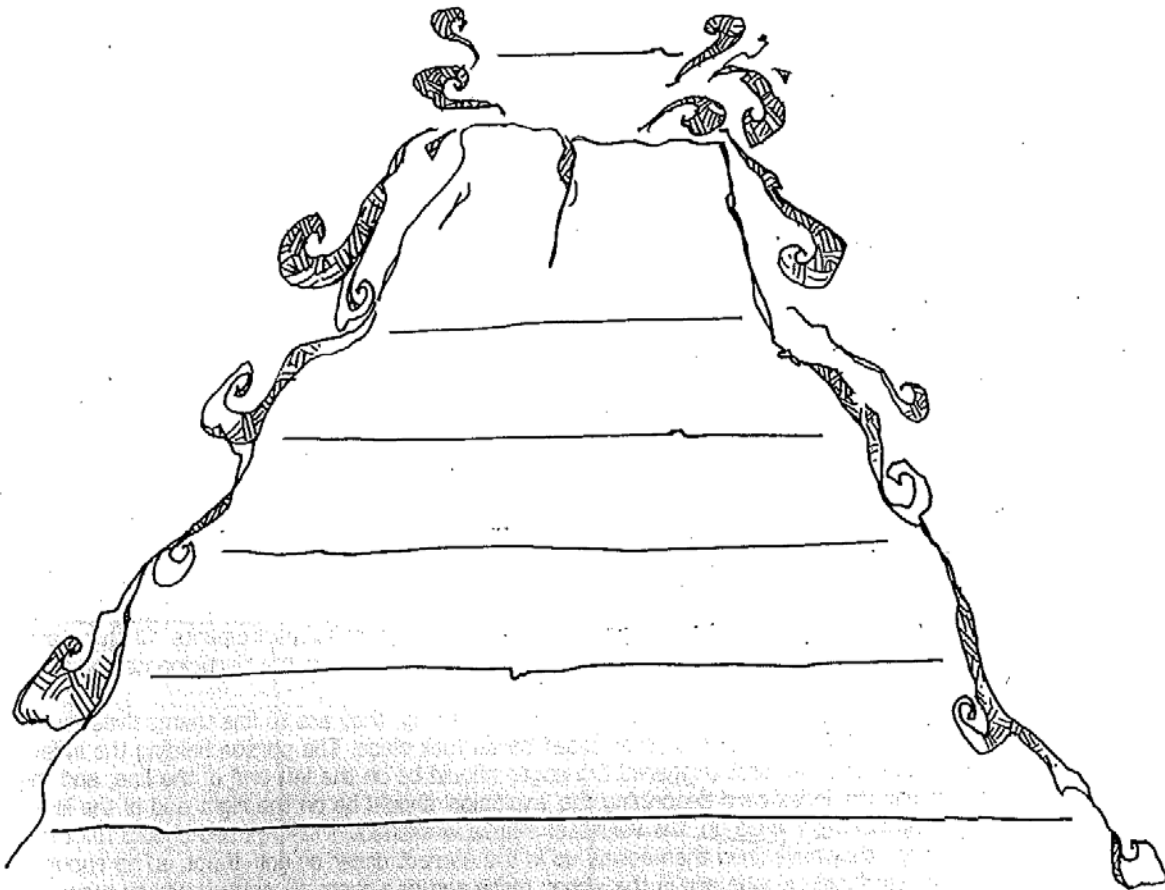
<http://www.couragetochange.com/Strategies-for-Anger-Management-Reproducible-Workbook-for-Teens-and-Adults/>

Anger Management AM-1



The Angry Volcano

Think of yourself as a volcano. As the heat rises in a volcano, so does the lava, sometimes building until it erupts.



1. Identify a time when your emotions got so hot that they erupted. Describe your most angry behavior (the "eruption") on the line on top of the volcano, inside the lava.
2. On the top line inside the volcano, write what happened just before the 'eruption.'
3. Continue to write the events that led up to your 'eruption' down the inside of the volcano. The bottom line should be the earliest event you can identify that began the escalation of your anger.

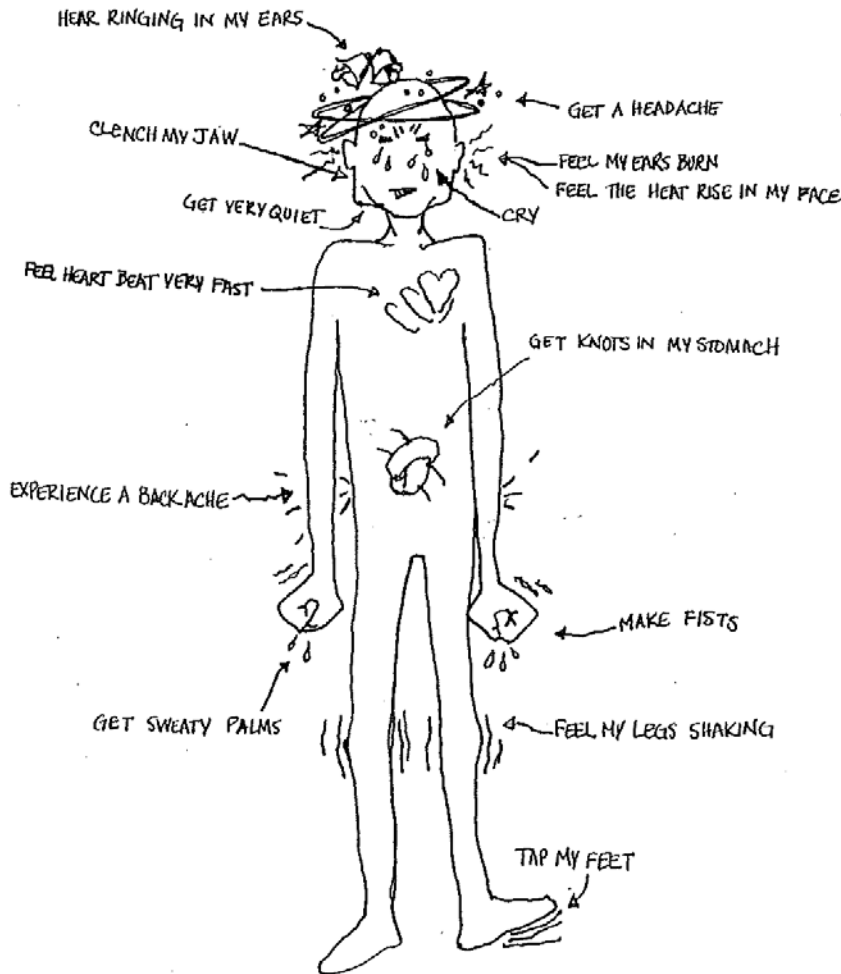
AM-1



Physical Cues to Anger

Anger is a normal reaction to a perceived threat. All animals have certain physiological reactions to threat which allow us to respond physically: for example, to run away from danger, to fight to protect ourselves or our family, or to "freeze" in order to avoid being seen by another creature that poses a danger.

On the illustration below, circle any physical symptoms you experience when your anger is escalating, and write in any others that are not listed.



Other: _____ Other: _____ Other: _____

The symptoms you circled above can be used as 'cues' to let you know when your anger is escalating and you need to take control before things get out of hand. Some of these cues may take place sooner than others. If you tune into these physical cues to anger, you can learn to recognize them earlier and respond to your emotions in more planned and effective ways.

Name _____ Date _____

Worksheet #43

First Reaction

What would be your first reaction to the following situations?

1. The boy who sits behind you in History copied your paper—and turned it in as his paper!

2. At a basketball game, you are sitting next to two very loud, obnoxious fans of the opposite team.

3. A friend starts out his/her conversation with you with: "Would you want to know if I heard someone gossiping about you?"

4. Your Math teacher says you aren't working up to your potential—at all!

5. You get a pass to go to the counselor's office, **IMMEDIATELY!**

6. The elderly person driving in front of you forgets(?) to signal and cuts you off.

7. The young driver in front of you signals forever before finally turning into your lane.

8. The teenage driver in front of you gives you an obscene gesture and yells something about the poor condition of your car.

9. Your grandmother introduces you to her friend as her "little pumpkin."

10. Your friend signals you that your zipper is down—and that cute girl you wanted to meet is coming down the hallway towards you.

11. Someone whom you thought was a friend laughs hysterically at your new haircut.

12. A substitute teacher walks into class, sits down behind the desk, and falls over—chair and all.



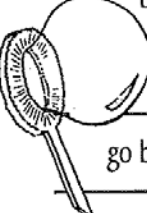

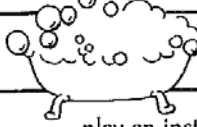




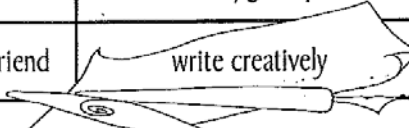



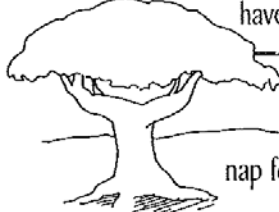





Thoughts, Feelings & Actions

EVENT	MY THOUGHTS	MY FEELINGS	MY ACTIONS

Ways to Relieve STRESS

blow bubbles 	watch a sunrise or sunset 	
meditate 	do deep breathing exercises	use visual imagery
go bowling 	luxuriate in a bath or shower 	lie back and watch clouds
take pleasure in quiet-time 	listen to a relaxation tape	give of yourself
read a book 	prioritize	reflect on the positives in your life
fix yourself hot chocolate	play an instrument	enjoy the weather 
make an edible treat	sing or whistle a song	attend a free concert
visit the library 	go for a jog	listen to music
	work on a jigsaw puzzle	play your favorite game
write a letter to a friend 	write creatively 	tear up an old newspaper
see a movie		roller-blade
join a club or group	draw or paint a picture 	have a good laugh
window shop	take a walk in the rain 	swim or splash in the water
have fun with a pet 	talk with a friend	delight in your spirituality
go to the park	take a long ride	light a candle 
nap for ten minutes	play a game	finish something
plan your dream trip	catch-up with a family member	reach out to a support
sit under a shady tree	begin a new hobby or craft	count your blessings

PERSONAL NETWORK PROFILE

Fill in the names of support people in all appropriate roles.
 The same name may appear several times.
 Then rate how helpful they are on a scale from 0 to 5 with 5 being high.
 If a name does not come to mind, leave that category blank.

A-B-C
 D-E-F
 G-H-I
 J-K-L
 M-N-O
 P-Q-R
 S-T-U
 V-W-X
 Y-Z

Support Roles	The person I turn to: (list the names)	How helpful is each person? (scale of 0 to 5)
1. For close friendship		
2. To share problems		
3. To play with		
4. For expert advice		
5. To energize me		
6. As a teacher		
7. When I just need to "chill out"		
8. As a mentor		
9. For acceptance or approval		
10. To help me try new things		
11. When I need a safe haven		
12. For a good social time		
13. When I am hurting		
14. When I need good advice with a problem		
15. When I want to be with someone who knows me well		

Look over each of the categories and circle the areas where you feel you need, or would like, more support. Which members of your network do you rely on too much, and which people might you rely on more often?