

MODULE 2B

LIFESKILLS SUPPORT GROUP

HOW TO HANDLE THE TOUGH STUFF

DEALING WITH ANGER

GOAL: This module is designed to deal with anger before it gets out of control. Participants should be prepared to identify areas of sensitivity that tend to trigger an angry response.

OBJECTIVES: Participants will be able to:

- identify the physical effects of anger on the body
- see things from the view of others
- know when to remove oneself from the scene
- reframe from over-personalizing

MATERIALS: Handouts: Anger, Make a list of Times When Anger Got You in Trouble, What Makes You Angry, Things I Can Do to Cope Better

You can't tell the truth!



You can't talk to me like that!



ANGER

Anger is an emotion that helps to preserve the species. In years past, when humans had to live beside wild animals and learn to survive in a more hostile physical environment, the arousal of certain emotions like anger and fear was critical to survival. When strong emotions are aroused, the sympathetic nervous system is activated. It is also known as the “fight or flight” response. In the case of fear, our human biology was programmed to run from harm, and in the case of anger, we were programmed to fight.

Although we no longer have to exist in hostile physical environments, these intense arousal signals may still dominate our being. The problem is, a response of “fight or flight,” may not be the appropriate one in the civilized world, and indeed, in the case of “fight,” may get you in big trouble! So how do we manage these intense emotional responses that our old biology is programmed for?

Managing anger is an important and necessary skill in coping with life events. We can no longer just run away or fight our way through a threatening situation. For some, anger is a learned response in dealing with stress. When anger becomes a habitual response, it is very difficult to change this pattern of behavior. Some times it requires outside help from professionals in the mental health field. The good news is that this behavior pattern can change by learning better coping skills. Below are some tips and general guidelines for dealing with anger:

- Deliberately choose to remain calm by thinking rather than responding.
- Don't hold in frustrations until they build up. Speak up in an assertive manner to get your point across.
- If you feel overwhelmed, remove yourself from the scene and return to the matter when you feel more in control.
- Try to build up reserves by sleeping and eating well and doing things that you enjoy.

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MAKE A LIST OF TIMES WHEN ANGER GOT YOU
IN TROUBLE

WHEN YOU SAID OR DID THINGS
THAT YOU NOW REGRET

In pairs discuss the situation:

Include who the person was. Describe the situation and what you said or did. What was the reaction or consequence from your anger? Why do you regret what happened

PERSON	SITUATION	OUTCOME	REGRET
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1.

2

3.

4.

WHAT MAKES YOU ANGRY?

List Your Triggers:

1.

2.

3.

4.

5.

6.

7.

8.

THINGS I CAN DO OR CHANGE TO COPE BETTER WITH MY ANGER

1.

2.

3.

4.

5.

6.