

Real Life Drama

SESSION 1 | IDENTIFYING AND LEARNING FROM ANGER

Discussion Questions

- 1. What's the number one place in your body where you feel anger?** Why do you think it's valuable to pay attention to your body's signals that you're getting angry?
- 2. Anger is a signal that we feel stepped on—in other words, that someone has tried to harm us.** Can you think of a time when your anger accurately told you that someone had stepped on you? What about a time when your anger fooled you—although you were mad, no one had actually treated you unfairly?
- 3. On a scale of 1 to 5 (5 is the angriest), what do you think would be an appropriate level of anger for each situation?** If you feel angrier than that, what's one way that you can try to cool off and resolve the conflict?
 - (a) Another teen beats you in a pickup basketball game.
 - (b) A classmate makes fun of your outfit.
 - (c) Someone you don't know accidentally bumps into you in the school hallway.
 - (d) Your Mom tells you you're losing your phone until you bring your grades up.
 - (e) Someone who doesn't like you shoves you in the back.

Writing Prompt

- **Write about the last time you got angry.** What happened to make you mad? What did you do while you were mad? Are you proud of the way that you acted? Why or why not?

Real Life Drama

SESSION 2 | MANAGING YOUR ANGER

Discussion Questions

- 1. We talked about a bunch of different things that you can do to calm down when you feel angry.** Who remembers one of them? Have you ever tried any of these techniques when you were angry? How well did it work for you? *(The following items are the examples we discussed in the workshop.)*
 - (a) Think about the big picture—is it really worth arguing about this issue?
 - (b) Stop talking and walk away (be the mature one).
 - (c) Take deep breaths to help yourself calm down.
 - (d) Exercise (for example, take a walk).
 - (e) Count to ten to give yourself time to cool off before you speak.
 - (f) *Additional ideas: Punch a pillow, sing or listen to music, pray, clean, or take a nap.*
- 2. In the video we watched, Jamar mentioned several reasons why he shouldn't give into the temptation of fighting Latrell.** What's one reason why you think it's worth trying not to lose your temper?
- 3. What's one situation that can trigger your anger?** Do you have a plan for dealing with that trigger? What is it? *(Students' plans might include avoiding the trigger completely and/ or an action step that they'll take when they encounter the trigger.)*

Writing Prompt

- **After our first session, you wrote a true story about a time when you got angry.** Now, add a fictional (made up) ending to it. What do you *wish* you'd done differently while you were angry? How do you *wish* things had turned out? Write that ending to your story.