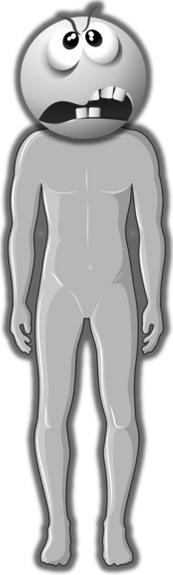


IDENTIFYING & LEARNING FROM ANGER



◀ Circle the places in your body where you feel anger.

EYES ▪ JAW ▪ MOUTH ▪ HEAD
CHEST ▪ STOMACH ▪ ARMS
HANDS ▪ LEGS ▪ FEET



Realizing when your level of anger doesn't fit what happened can be the first step in cooling off. If you can't immediately control your anger, give yourself a warning label, like "I'm really mad right now; I need a break."

GET INTERESTED IN YOUR ANGER

Think about a time this week when you felt angry. Were you really stepped on (*someone intentionally tried to hurt you*), or were your feelings fooling you? Why?

(Example: I felt angry at Julie when she took my pencil. No, I wasn't really stepped on. She didn't realize the pencil was mine, because she found it on the floor after it rolled off my desk.)

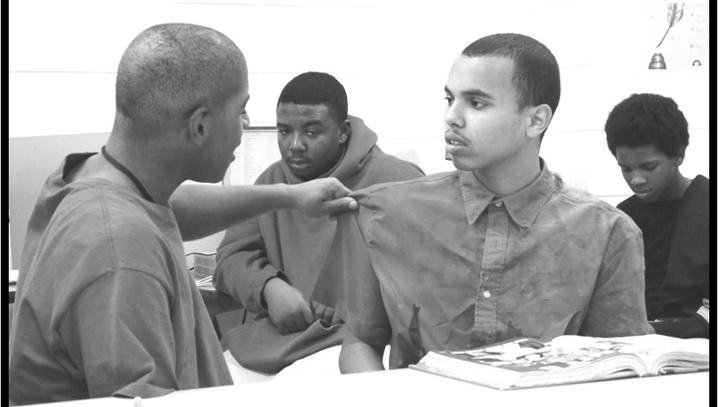
What level was your anger? What level do you think would have been appropriate? Why?

(Example: My anger was about a 3 or 4. I think a 1 would have been more appropriate, because Julie didn't mean to steal my pencil. It was just a misunderstanding.)

Are you happy with the way you handled the situation? If not, what do you wish you'd done differently?

(Example: No, I wasn't happy with the way I handled things. I wish I'd asked Julie where she got the pencil before I accused her of stealing it.)

MANAGING YOUR ANGER



Ways to Calm Down When You're Angry

1. Think about the big picture
2. Stop talking and walk away
3. Deep breaths
4. Exercise
5. Count to ten

Punch a pillow | Sing or listen to music | Pray | Clean | Take a nap

ANGER ACTION PLAN

Identify an anger trigger. What sets you off?

(Example: Sitting next to Latrell, because he likes to talk trash.)

Think of at least one reason to control your anger. Why is it worth keeping your temper in check?

(Example: I don't want to get suspended or disappoint my Mom.)

Decide on at least one strategy for control. Can you avoid the trigger? If not, what's your plan to cope with it?

AVOID THE TRIGGER.

(Example: I'll ask the teacher to permanently change my seat.)

DEAL WITH THE TRIGGER.

(Example: Ignore Latrell. If he tries to start something, walk away.)