



ANGER MANAGEMENT FOR CHILDREN

"Learning to get Angry the Right way"

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GETTING STARTED

Children are all different with varying strengths and weaknesses. Some excel in academic development, such as math, and science, which are areas of learning referred to as “IQ” (Intelligence Quotient), while others struggle remarkably. It is the same with Emotional and Social development; some children face few or no challenges, while others face significant obstacles throughout childhood and adolescence, an area often referred to as EI (Emotional Intelligence) or EQ (Emotional Quotient). It may be helpful to consider that we are all on a continuum regarding emotional and social health. As a child counselor/therapist, a key question to ask yourself is “where you think the child you are working with is at?” It is likely that if you are reading this manual, the challenges that the child is facing is pushing him or her along the continuum, and may be weighing him or her down.

The difficulties vary across the board. Some children find themselves unable to hold back aggressive or impulsive tendencies, some find it difficult creating and holding on to friendships, some fear to take and embrace risks, while some simply find it difficult to fit in with their peers. Whatever the case, some children find this aspect of their personality challenging and require tools and resources to help them cope. The good news is that Emotional and Social skills can be taught and they can be learned. With the help of counselors like yourself, children can be empowered who once struggled with these social and emotional skill sets and even surpass their own expectations. Shy children can become outgoing and personal; aggressive children can develop self-control, fearful children can learn to take risks and so forth. While genetics and other biological factors may play a role in a child’s natural temperament, recent studies show that environmental changes and supportive training can greatly impact the outcome of a child’s personality.

Without a doubt, children with better social skills have a significant advantage in life. Often, they are more likable and hence experience positive relationships. These children likely will do better academically, have a better self-image, and in general, they are much more resilient in the face of life’s challenges. Ultimately, children with higher EQ have greater potential for adult success than their peers in all of these areas and more!

This manual is designed to help counselors/coaches working with children who may have social and emotional deficits. Any child can benefit from the contents of this book; however, it is particularly beneficial for children who may struggle with aggression, compulsions, inattention, hyperactivity, low self-esteem, low confidence, decision making, problems solving, shyness, and any number of social, emotional issues.

The contents of the manual can be completed with an individual child, or with a group of children. Though there are times when individual counseling or coaching is necessary, when the goal is to develop a child’s

social or emotional skills; it is hard to argue with the concept that social skills are best learned in a social environment with two or more children.

This manual sets out 8 modules that have been creatively put together to cover the essentials of social, emotional development for children between the ages of 4-18. The goal of each chapter is to make sure that by the end of each session, the main objective is achieved.

INTRO FOR COUNSELLORS

Social and Emotional development begins as early as birth for children. From the time the infant leaves the womb, he or she is confronted with emotional experiences. It is with his or her mom, dad, siblings, peers, and early caregivers that children begin to learn emotional and social skills. These early years impact a child's mental, health, and emotional wellbeing for the years to come.

During these early years, emotional skills develop which include the ability to understand and express feelings, as well as to name and label emotions. A child's successful navigation through these steps aid them in interacting with others in and outside the home, as well as generally in the world they live in. When children can understand what they are feeling, and self-sooth themselves in a variety of different ways they are calmer, have a greater sense of themselves and are happier overall. Children can do well; they just need a guiding hand and someone to believe in them.

During the very early years, it is parents and early caregivers who are responsible for making children believe their feelings matter. Children depend greatly on parents to help them organize and regulate their emotions through calming techniques such as holding, singing, rocking, and patting. These early efforts support the belief that "my feelings matter," and "an action is required when I feel pain." With cognitive development, such as language, thinking, planning, and organizing, children as young as 4 have more tools to respond to emotional distress such as waiting, or not getting what they want, sharing etc. They also learn to understand the impact of their behaviors on others such as, if I hit my baby brother, he will cry, or, if I kick my big sister she will yell at me. Sometimes, the process is not very smooth, and children do not develop this understanding timely or effectively which impacts their emotional and social wellbeing moving forward.

Many things can go wrong including them grasping the significance of their emotional and social health including;

- No one has told them what is important
- Parent's do not model appropriate emotions
- Parents do not acknowledge that the child's emotions are valid, and may minimize the child's feelings
- The child develops a shame for having emotions
- The child does not have tools to understand his/her emotions
- They may have experienced a life event or traumatic situation that caused intense emotions and created some unbalanced emotional norms

- The child has personal experiences that made them believe that their feelings didn't matter

These and other reasons get in the way of children understanding why emotions are important. As a result of this lack of emotional understanding, they do not have a good base for problem solving and require a new base. Hence, the birth of Positive Kids Inc.



GETTING TO KNOW ANGER

WHAT ARE EMOTIONS ANYWAY?

The word 'Emotion' can be broken down into the term "Energy in Motion." Our emotions are an energy source that lives inside of us. Even though we cannot see it with our naked eye, they are very important.

Our emotions are a real part of ourselves. Just like we have a physical body to help us navigate through our world, we have a mind to help us think through situations, and we have emotions to help us feel and sense what is going on around us. Without our emotions, we could not experience feelings, and our lives would not be enjoyable. Our emotions can go up and down depending on the situation we are in, and this is very normal.

Did you know Scientists tell us that we have more than three hundred different kinds of emotions? Some are subtle, and we call these small emotions; some are powerful, and we call these big emotions.

Anger is one these emotions that can be big or small. On a small scale, anger is referred to as a feeling of 'annoyance' or 'irritation, and on a large scale, anger is referred to as a condition of 'rage' or hatred. We are born with emotions, and some children feel them more often, and more powerfully than others. All this means that their emotions work harder and sense experiences more easily and more often. When this is the case, we help the child to manage their emotions and gain more self-control over their reactions.

Let us use an analogy to describe the importance of anger. Imagine that you are in a boat alone on the lake and a big storm kicks up. You'll begin to fear for your dear life, and your brain will tell your body to do one of the three things: FREEZE, FLIGHT or FIGHT. You know that if you FLIGHT (i.e. jump over the edge), the waves will suck you up, and it's likely that there will be no mermaids to save you. If you FREEZE, you will just stay there in one spot, and you could be in more danger, and may not get home. However, if you FIGHT those waves with your paddles and row hard to shore, you will get inside your warm house, safe and sound. The fight response helped you! Thanks to anger, you are safe. Anger can be good, especially when we need it, especially when we are in danger. There are lots of experiences in mimicking the feeling we have in this boat story. They are situations that make us feel threatened in some way, shape or form. Here are some examples:

- Being blamed for something you did not do
- Something threatening to harm your family member
- Someone stealing something of value to you

Words to Describe Anger

There are some many words to describe feeling angry. Let us look at some:

Bothered	Bugged-	Irked
Crossed	Peeved	Bent out of shape
Seeing red	Ticked off	Exasperated
Hit the roof	Steamed up	Wrath
Steamed up	Spittin' angry	pissed-off
Frustrated	Fuming	Mad
Exploding	Enraged	Annoyed
Disgruntled	Displeased	Miffed
Hot	Upset	Riled up
Crabby	Mean	Infuriated
Outraged	Furious	Grouchy
Cranky	Put out	Hulked out

As you can see, there is no shortage of words to describe this big feeling we call 'Anger.' What are some words you use to describe your anger?

What are the words your parents use to describe their anger?

What are the words your friends use to describe their anger?

EVERY ONE DOES ANGER DIFFERENT

Everyone gets angry. However, we all get angry differently. When we get angry, we usually do what mom, dad, or someone close to us does when they get angry. We just copy what they do without even knowing it. We call these reactions anger styles and everybody has one. There are three main types of anger styles. As you read them, think about which style you use.

AGGRESSIVE

When some of us get angry, we become **Aggressive**. Aggressive means that we hurt ourselves or hurt people



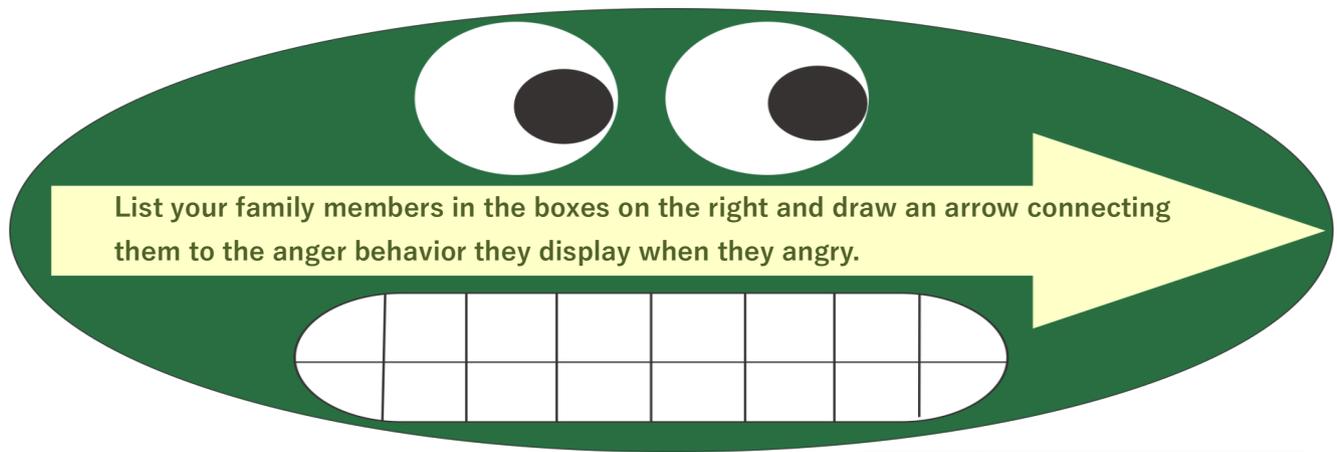
with the things that we do or say while we are angry. Sometimes, we break things, say mean words or slam doors. We do not really care about how others feel when we lose control. We just simply want to let our anger out. But then people become afraid of us because they think we will hurt them. To your friends, you might say, “Get off that swing,” or “Get lost,” or “I hate you.”

PASSIVE



When some of us become angry, we become **Passive**. Passive means that though we feel angry, we do not want others to know it, so we keep it inside. We may go to our rooms and cry, or we may pretend to be happy even though we are not. When we are passive, we are afraid that if we let people know we are angry, something bad will happen, so our anger becomes a big secret we keep to ourselves. You might say to your friends, “It’s okay, I do not want

the swing right now” or “maybe I can have a turn with the ball tomorrow” or “never mind.”



- Hit
- Push
- Break
- Shout
- Threaten
- Swear

Mom



- Follo
- Pretend
- Cry
- Hide
- Agree
- Sulk/Complain



- Sarcasm/
- Cold Shoulder/Ignore
- Be late/careless
- Hide
- Dead Stare
- Move Slowly/Procrastinate

EMOTIONAL NEEDS

Anger is a normal feeling we have when we believe something or someone is trying to hurt us. Ironically, the people we care about most are the ones who have the power to hurt us the most. This is because we have emotional needs or emotional ties to those we care about. Emotional needs simply mean our feelings are invested in what someone does or does not do. When close family members fail to meet our emotional needs, the result is Anger. Let us look at some of these below.

Need to feel protected

When we have close family and friends, we have a need to feel protected by them and vice versa. While we can understand that a stranger may want to harm us, we don't expect danger to come from our own home. However, it happens quite often that our family members or close friends are the ones responsible for abusing or assaulting us. Because they are close to us, we are forced to live in anger and with anger to protect ourselves. In these situations, our need for protection is violated, and our anger is necessary, e.g., living with a father who drinks all the time and becomes mean and physically abusive.

Need to feel like I matter

When we have close family and friends, we have a need to feel significant. When we accomplish something or get a reward, we want them to notice and say something. When family and friends do not see us and do not recognize our needs for attention, we naturally feel angry. Everyone likes to feel like they matter, and especially from those we love and care about. When we feel neglected, anger becomes the natural consequence.

Need to be respected

When we have close family and friends, we have a need to feel valued and appreciated by them. We want them to value our contributions, belongings, time, space, etc., and their cooperation with this process makes us feel worthy. When this is not the case, and our loved ones disrespect our contributions, time, belongings and space, we feel unworthy and will retaliate in anger. Suppose you threw a party that was supposed to start at 4:30 pm, you planned all types of exciting activities, and your friend showed up three hours late. How would this make you feel? When we care about people, we do things that make them feel respected and valued.

Need to have self-control

Everyone likes the freedom to choose. We feel special when we can choose our own clothes, or pick our toys, or even our own cell phones. When family and friends do not let you choose the things you want to do or places you want to go, you feel controlled, and everyone hates this. Even though they are times we are not responsible enough to make certain choices, we love to control what we can. When we tell people how we want things done and do not let them be part of the decision, they will be angry with us too. A big part of loving someone is giving them the power to choose.

Need to be accepted

When we have close family and friends, we have a need to feel accepted by them and vice versa. That does not mean we cannot grow or progress in life, and it just means that their love is not conditional on whether we do or don't. When people don't or can't accept you for the way you are, it makes you feel insecure and ultimately angry. It tells you that their love is conditional and this is very hurtful.

Need for justice

When we have close family and friends, we want to experience fairness and feel justice in all our dealings. When there is an injustice, and we don't respond to unfairness because we perceive they are bigger, stronger, older or wiser, we feel "less than" and this results in anger. Everyone's voice and opinion matters. When people hurt us, and we do not respond, things get worse. This doesn't mean "an eye for an eye", but it does mean, fairness must triumph, and sometimes, we need the help of someone on the outside to make that a reality. We can't, however, live in a situation or relationship, where one person is constantly taking advantage of another person.

Do you see a pattern in these emotional needs? Those closest to us carry the most weight in making us feel good or bad!

Who in your family makes you feel the following;

Unprotected	_____	Unaccepted	_____
Disrespected	_____	Insignificant	_____
Controlled	_____	Injustice	_____

ANGER TRIGGERS

Just like everyone has an anger style, everyone has anger triggers. Anger triggers are the things that people do or the things that happen that make us angry. It may not even make other people angry, but it makes you angry. It is important to notice the types of personalities or even behaviors that get the hairs on your head to rise. You may not know why it gets you angry, but you just know that every time, you hear a certain noise, or someone gives a certain look or says a certain thing, you want to fight back. One of the first steps in learning to manage your anger is to try to identify the things that happen and the actions people display that cause your anger to be triggered. For example, does it get on your last nerve when someone scratches their throat and makes that irritating sound? What are some of the things in your life that trigger your anger?

- | | | |
|---|---|---|
| <input type="checkbox"/> Being teased | <input type="checkbox"/> Standing in line | <input type="checkbox"/> Your brother or sister |
| <input type="checkbox"/> Someone bossing us around | <input type="checkbox"/> Unfair rules | <input type="checkbox"/> Certain people at school |
| <input type="checkbox"/> Certain noises | <input type="checkbox"/> Difficult school assignments | <input type="checkbox"/> Certain songs or movies |
| <input type="checkbox"/> Someone giving us a dirty look | <input type="checkbox"/> People who show off | <input type="checkbox"/> Teachers having favorite |
| <input type="checkbox"/> Not getting what you want | <input type="checkbox"/> Bad manners from others | <input type="checkbox"/> Long sermons at church |

List others that are not on this list

ANGER PAY OFFS

We may not like to admit it, but sometimes acting out our anger even in the wrong ways has some payoffs. Payoffs mean that it seems like it is worth it NOW, but LATER you will realize it is not. Let's consider these examples below;

- I feel so much better afterwards
- It makes people listen
- I feel more like myself when I am angry
- If I didn't get angry at things, I would cry all the time
- When I show my anger, people know where I stand, and that's good
- Anger stops me from being afraid
- If I do not show my anger, then people will think I am a wimp



In the long term, however, these initial payoffs lead to negative consequences. For this reason, they are called “phony” payoffs because the long-term negative consequences far outweigh the short-term gains. For example, consider hitting your friend at school because he took something that belonged to you. You got even, but you get suspended from school, and you get your phone taken away. Was it worth it? Yes

No Explain your answer

STRESS

Stress and anxiety can come from many sources; however, when you are worried or stressed about school, friends, family issues, criticism, anger becomes stress. 'Scared anger' becomes 'scary anger.' Too much of anything can become burdensome and might cause you to feel overwhelmed. For example, too much homework can be stressful or even trying out for the baseball team can cause stress. However, stress can be positive or negative. Positive stress pushes you to complete a task or do something. Negative stress gets in the way and puts demands on your mind and body that you feel you can't handle. Stress is your body's physical and emotional reaction to circumstances that frighten, irritate, confuse, endanger or excite you. Stress isn't all bad; it's really very necessary in life. However, it has to be manageable. Check the list below to see if any of these situations cause you to feel stress.

Event	Yes,	No
Doing something I was not comfortable with because of peer pressure	<input type="checkbox"/>	<input type="checkbox"/>
Making new friends	<input type="checkbox"/>	<input type="checkbox"/>
Being accepted by kids at school	<input type="checkbox"/>	<input type="checkbox"/>
Fighting with a friend	<input type="checkbox"/>	<input type="checkbox"/>
Wearing the right clothes, shoes, jackets	<input type="checkbox"/>	<input type="checkbox"/>
Not getting along with my brothers or sisters	<input type="checkbox"/>	<input type="checkbox"/>
Worrying about money	<input type="checkbox"/>	<input type="checkbox"/>
Death of a close relative or family member	<input type="checkbox"/>	<input type="checkbox"/>
Being left out	<input type="checkbox"/>	<input type="checkbox"/>
Change in family income	<input type="checkbox"/>	<input type="checkbox"/>
Not being good at sports, piano, dance, spelling, math	<input type="checkbox"/>	<input type="checkbox"/>
Trying hard but still failing	<input type="checkbox"/>	<input type="checkbox"/>
Parents giving me too many jobs and responsibilities	<input type="checkbox"/>	<input type="checkbox"/>
Parents didn't listen to me	<input type="checkbox"/>	<input type="checkbox"/>
Death of a friend or classmate	<input type="checkbox"/>	<input type="checkbox"/>

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Speaking up in class	<input type="checkbox"/>	<input type="checkbox"/>
Having adults expect too much from me	<input type="checkbox"/>	<input type="checkbox"/>
Joining a new after-school activity	<input type="checkbox"/>	<input type="checkbox"/>
Changing schools	<input type="checkbox"/>	<input type="checkbox"/>
Classmate or friend committed suicide	<input type="checkbox"/>	<input type="checkbox"/>
Threat of violence at school	<input type="checkbox"/>	<input type="checkbox"/>
Divorce of parents	<input type="checkbox"/>	<input type="checkbox"/>
Parents separated	<input type="checkbox"/>	<input type="checkbox"/>
Personal injury or illness	<input type="checkbox"/>	<input type="checkbox"/>
Gained a new family member (baby or stepfamily member)	<input type="checkbox"/>	<input type="checkbox"/>
Change of someone's health in my family	<input type="checkbox"/>	<input type="checkbox"/>
Arguments with my parents	<input type="checkbox"/>	<input type="checkbox"/>
Moving	<input type="checkbox"/>	<input type="checkbox"/>
Having trouble with a teacher	<input type="checkbox"/>	<input type="checkbox"/>
Vacationing	<input type="checkbox"/>	<input type="checkbox"/>

When your body feels stress, lots of things can go wrong. Your blood pressure and heart rate can go up, you can get headaches or stomachaches, and you can be crankier and very likely, unhappy. Too much stress can also make you angry.

When you reduce the stress in your life, it will be easier for you to control your anger. Many people go through their lives with lots of stress, and they do not realize that it is making them unhappy and unhealthy. You certainly cannot eliminate all the stress from your life, and there are some kinds of stress that you must learn to live with. By reducing stress a little, it will help you feel a lot better.

STRESS RELIEF

When stressed, there are some actions you can take to relieve yourself including;

Spend some time alone.

- Take a walk.
- Listen to music.
- Talk or play with little kids.
- Care for your pet.
- Work on your favorite hobby or start a new one.
- Sing with a group of people.
- Write a letter
- Shoulder Shrugs
- Count to 10
- Draw
- Bake or cook something special.
- Play a musical instrument.
- Jog, dance, play basketball or join in some physical activity you enjoy.
- Watch the sun rise or set, or watch the night sky.
- Play just for fun instead of to win.
- Smile at someone.
- Tackle one task at a time. Make a list of what you want to do and then start with the first task.
- Talk to someone who listens or someone who will help you explore your alternatives.



HALT

There are certain situations or conditions that will always cause us to FEEL A LITTLE bit angrier than other times. The acronym for this is called **HALT**. **H** stands for Hungry, **A** stands for anxious, **L** stands for lonely, and **T** stands for tired. It is very important to develop healthy habits in these areas if you are trying to manage your anger.

HUNGER AND EATING WELL

Do you know the best foods to eat to make you feel good about yourself? The answer is BALANCE. Okay, so it



is not food, but it is the most important thing to bear in mind. A balanced diet consists of protein (i.e. meat, chicken, fish, eggs), carbohydrates (i.e. bread, pasta, rice,) and fats. There are fats in many different foods, including dairy products and meat, but not all fats are the same. Certain fats are called trans fats, and they are fats that will clog your arteries and make it hard for your heart to work.

Eating a healthy diet means planning your meals and thinking about how food affects your body and your mind. Even though grown-ups usually buy the groceries and make most of the meals, you can still help yourself eat better. You can stop asking for foods that are not good for you, and you can try more foods that are good for you. You can also talk to your parents about family eating habits. When families improve their eating habits together, everyone benefits from it. Different foods affect your body in different ways. Draw a line to match the foods in the right column to the statements in on the left. The answers are at the bottom of the page. Where is this exercise?

ANXIETY (Anxious)

To have anxiety means that we are very afraid of something. We might feel physical symptoms in different



parts of our bodies, and we will often try not to do something because it does not make us feel very good. To feel anxious can be unhealthy for our bodies and our minds, but sometimes to feel anxious is good. It might be okay to feel anxious if it feels dangerous. Our “spidey” are usually pretty good to keep us protected. But when the anxious feelings get in the way of doing things that others are enjoying, and it becomes something that we are often thinking about (like we cannot get worried thoughts about something out of our head), this is probably an unhealthy level of feeling anxious.

LONELINESS

Most people can get lonely if they start to play only with their self. Sometimes we may choose to stay in our rooms or asked not to go out, and this may not be helpful for us. Loneliness also happens when we want to play with others but do not know how, or we are scared or shy to play with others. Sometimes it is a matter of having the right tools to combat loneliness and build a plan to make sure we are spending enough time with others.

TIREDNESS

Most people do not realize that sleep is very important to our health. Getting eight or nine hours of sleep a night (or at least 10, if you are a child), is just as important as eating the right foods and getting enough exercise. If we are tired, it is hard for us to participate in activities, pay attention and give anything our best. Do you know when you are tired? On the list below check only the symptoms that you experience when you are tired.

- Droopy Eyes
- Can't keep your eyes open
- You yawn a lot
- Have problems paying attention
- Have a hard time sitting up
- You get moody and grouchy
- You forgot things
- They yawn a lot.
- Get dark circles around your eyes
- Don't talk or engage very much
- Get clumsy or
- Get sick



MEDIA

We live in a generation that offers so much choice. Choice of food, clothes, look and even media. We have access to watch pretty much anything we feel like watching. Unfortunately, this means that many of us ending up watching movies, videos, and shows filled with violence and aggression. If you struggle with anger already, the last thing you should be doing is entertaining yourself with more aggression. Though many people think it's harmless, they are misinformed. What you allow your eyes to see and ears to hear affects you dramatically. Scientists have learned that if you watch a lot of violent shows and play a lot of violent games, you will tend to be more angry and more aggressive, even if you do not realize it. Media impacts people greatly. Think of how many times you see commercials for fast-food restaurants on television. Do you know why you see so many of these commercials? Because the companies who own the restaurants want you to eat there and guess what? Millions of people do — every day! They eat at these restaurants even though they know that many of the menu choices are not good for them. Violence and aggression can be fun to watch, but if your goal is to try to manage your anger, you need to recognize that it's simply not good for you. Many people notice they like to listen to angry music or watch violent movies when they are angry because it fuels their anger. Even if you want to... your answer should be no "It is not good for me."

Here are four video screens to help you start thinking about what you are watching and playing. In each screen on the left, draw a scene from a TV show or video game that is not good for you. Write the name of the show or game on each screen. In each screen on the right, draw a scene from a TV show or video game that it is okay for you to watch or play. Again, write the name of the show or game under each.

TV Shots

Draw 3 TV shows that you watch which you know are not good for you.

TV SHOW 1

Why is this show not good for you?



TV SHOW 2

Why is this show not good for you?



TV SHOW 3

Why is this show not good for you?



WHEN ANGER IS A PROBLEM?

As we have been discussing in this manual, anger is a natural emotion and there is absolutely nothing wrong with it. However, we know we are developing an anger problem when:

- Your anger is **too often**
- Your anger is **too strong**
- Your anger is **too long**

Your anger causes you to hurt people with your words or with your hands. It's also a problem if it **negatively affects your relationships, school, at home or your social life**

How often is too often for you?

- Once a Year Once every six months Once a month
- Once a week Once a day Once an hour
- Once an minute

Explain _____

How strong is too strong for you?

- You're saying mean things You have a headache You are pacing
- You're breaking things You are crying You wish bad
- You're getting butterflies your stomach You run away You don't care

Other: Explain _____

How long is too long for you?

- For the whole hour
- For the whole day
- For the whole week
- For the whole month
- For the whole year
- For your whole life
- Forever





GETTING TO KNOW YOUR ANGER

ANGER METER

It is important to realize that when we say, “Anger management,” it literally means we are managing our anger. Many individuals who struggle with anger often feel angry with themselves for losing control and hurting others while they are angry. The goal of this program is to help you recognize when you are getting angry so you can do something about it before it gets out of control.

An “Anger meter” is an invisible scale in your mind that allows you to track how angry you are throughout the day based on which zone you are in. The anger meter starts at 0 and goes to a maximum of 10. (0) represents calmness and (10) represents rage or the angriest you can imagine being (like Hulk).

We will ask you to divide this anger scale into three categories

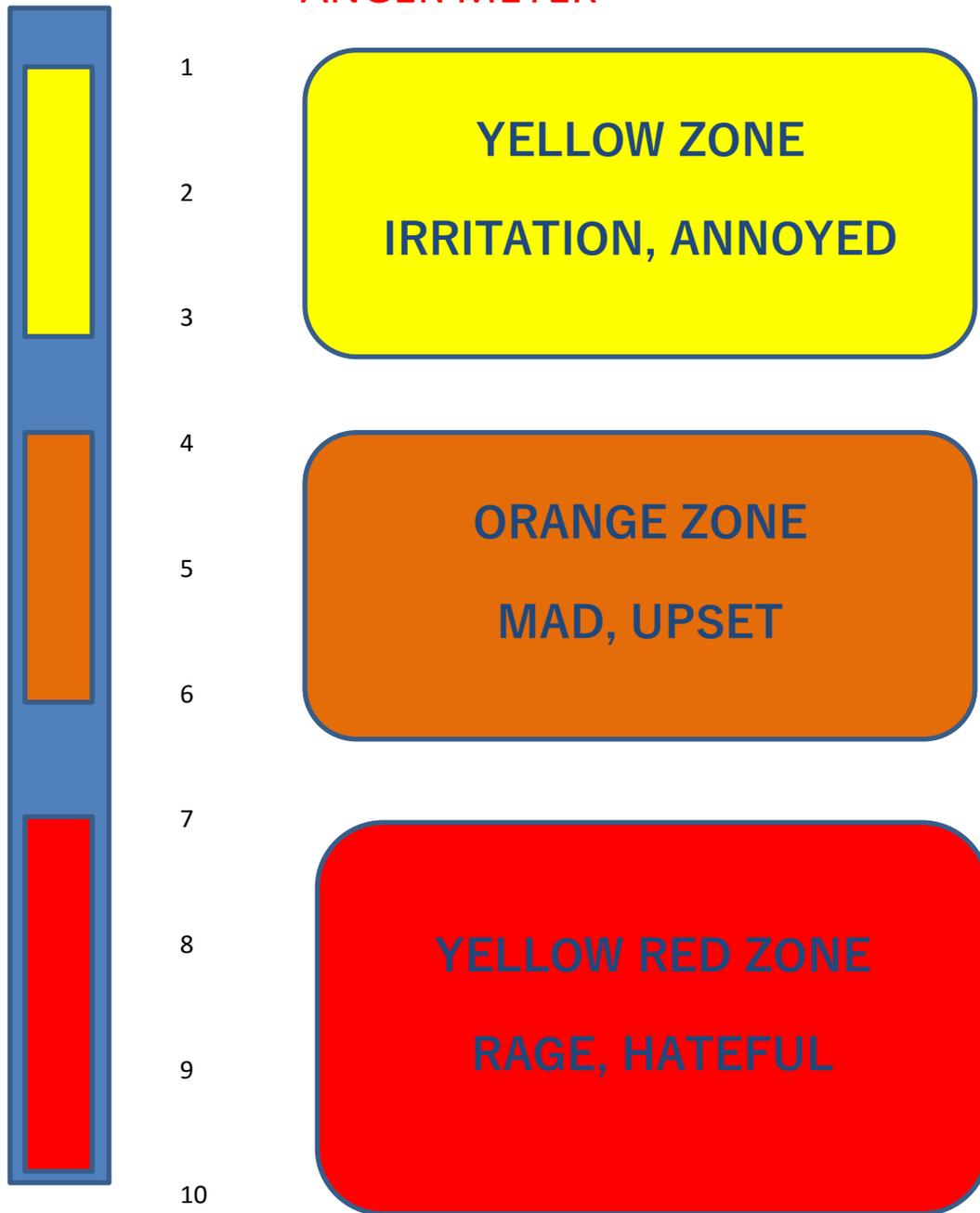
Yellow Zone Anger: 1-3 — Yellow Zone — A little angry

Orange Zone Anger: 4-6 — Orange Zone — More angry but not too angry

Red Zone Anger: 7-10 — Red Zone — So angry you feel like that fire-breathing dragon,

It is in the mid to high levels on our anger meter that we need to start being careful what we do or say.

ANGER METER



RECOGNIZING YOUR ANGER CUES

We have warning signs that tell us we are approaching orange and red zones. These signs are called “cues.” Anger cues help us know when we are approaching the dangerous territories of our anger scale and warn us to do something (*Note.* We will use the words “meter” and “scale” interchangeably).

Physical Cues



Physical cues involve the way our bodies respond when we become angry. For example, our heart rate may increase, we may feel tightness in our chests, we may feel hot and flushed, and our breathing may go fast and heavy. You might even start to get aches in your body: headaches, stomachaches.

When we go through fight or flight, some changes occur inside our body. Blood leaves our brain, and it goes into our hands and feet and especially our heart. Our heart may beat so fast; it may feel like it is about to explode! Because we feel angry, sometimes our entire body and face show that we are angry. Sometimes, we do it on purpose, and sometimes we do not even know we are doing it. When we get angry, even other people can tell by our faces, our posture, and even our bodily gestures that we are fuming

1. What are some the things that you do when you are angry that you notice about yourself?
2. Ask those people who know you best how they can tell if you are angry just by looking at you?

Behavioral cues



Behavioral cues involve the behaviors we display when we get angry, which are observed by other people around us. For example, we may clench our fists, pace back and forth, slam a door, or raise our voices. We do all types of things when we are angry, and they become habits.

Do you know what habits mean? Habits are actions or behaviors that we frequently do. When we get angry, we may form a habit of yelling at people or hitting people. If we do not recognize these habits, we cannot break them. Habits are hard to break, but once we know we have them, it becomes easier to pay attention and catch ourselves doing them.

What are some of the behavioral cues you display when you are angry?

Emotional Cues



Emotional cues involve other feelings that may happen at the same time we feel our anger. For example, we may become angry when we feel abandoned, afraid, jealous, or rejected.

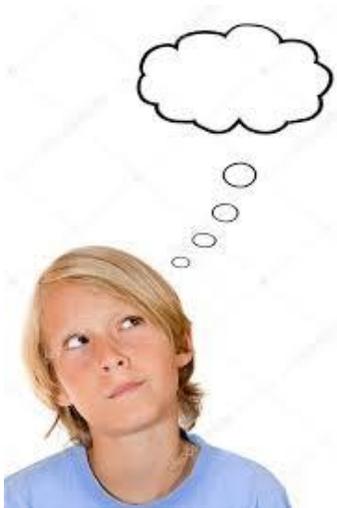
These kinds of feelings are called “core” or “primary” feelings, and they live underneath our anger. It is easy to ignore these primary feelings because they often make us

feel weak.

It is very important to try and find out what core feelings are living underneath our anger because if we do not deal with those feelings, then anger is always going to stick around. The anger protects these feelings, so if we do not help this feeling feel safe, then anger will have no choice but to be a permanent bodyguard.

What are some of the feelings you have that make you feel weak?

Cognitive Cues



Cognitive cues refer to the thoughts we think when we become angry. The way we think has a lot to do with the anger and how angry we could get. If we think someone is saying something to hurt us, even though they are not, we are going to get angry. There is a difference between reality (what does happen) and perception (what we think happens); that situation is still going to affect us. Learning to manage our anger has a lot to do with changing what we think and practicing thinking good thoughts, rather than bad thoughts on purpose. If we develop good thinking habits, we will always have **power** over our anger. Any time we judge people, we will always get angry. Do you know what judge means? To ‘judge’ means that we believe that someone *should* act a certain way, and when they act differently than our expectations, we might misinterpret or reject

his or her personal feelings or thoughts.

SELF AWARENESS

Self-Awareness is the key getting better at managing your anger. Self-awareness means that you are aware of the things that make you angry and the situations that trigger you. If you are self-aware, you will have a plan in place for how you will deal with certain situations. You will pay attention to the cues that tell you that you are getting angry, and your plan is ready in case you get angry, so you do not lose control.

Let us practice by listing some of the things that you do to others that make other people mad. Learning to be self-aware of the times and situations of when you become a trigger will help you avoid unnecessary fights and arguments.

Think of somethings people have said to you during conflict or general comments they have made about your conduct. Be open minded and reflect on your behavior. If we were to take a survey of close friends and family, how might they answer the following questions? Write as many as you can.

People hate it when I ...

RECOGNIZING YOUR BOUNDARIES

The word boundaries are often used in construction or sports. However, it's a word we use in Anger Management as well. Boundaries refer to our personal space when people need permission to enter. It doesn't have to be physical space; it can be emotional space or moral space, or even mental space. Boundaries tell people how far they can go with you. For instance, maybe you don't like people swearing around you. You are ok if they swear when they are not in your presence, but when they are hanging around you, you don't like it. Healthy boundaries would mean that you tell people "Hey, I know you swear, but I don't really like it very much, can you please stop swearing when you are around me." This lets people know your personal rules in a relationship. When we don't tell people what our boundaries are, we can't get angry if they violate it.

Let's list for rules or boundaries for driving. What are some rules we are expected to follow when we drive, list some below.

- 1) _____
- 2) _____
- 3) _____

Let's list some rules or boundaries in your home. What are your allowed or not allowed to do according to your parent's rules or boundaries?

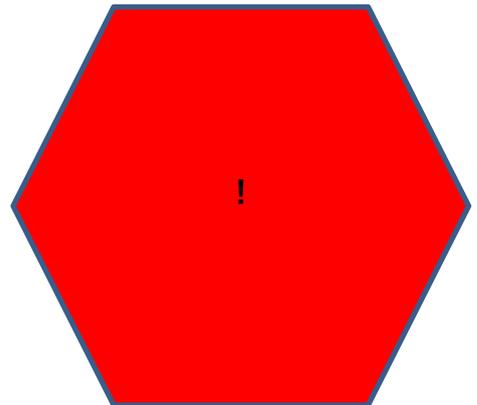
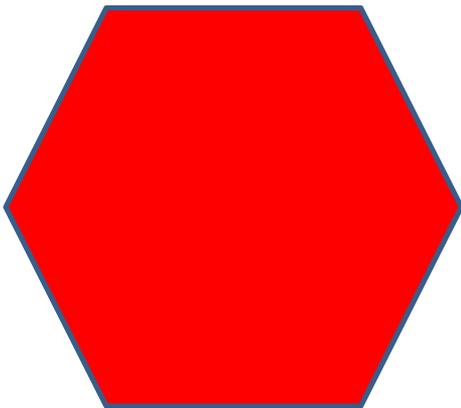
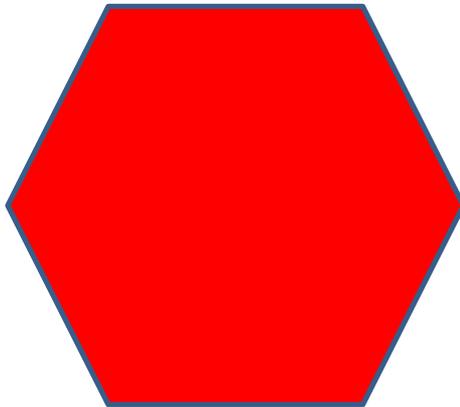
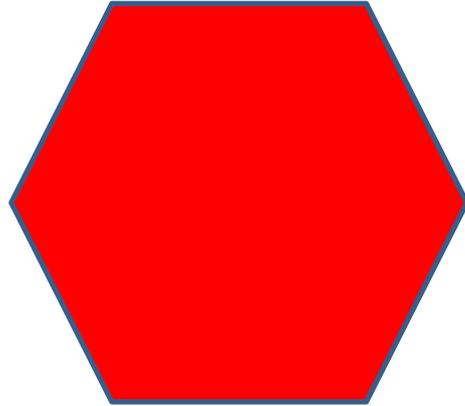
- 1) _____
- 2) _____
- 3) _____

Let's list some rules and boundaries for yourself. What are you ok with or not ok with in your friendships or relationships with your siblings?

- 1) _____
- 2) _____
- 3) _____

BOUNDARIES

What are your boundaries for friends and family members?



THINKING TOOLS



ANGER SELF TEST

It is very important to know when you should respond when you are angry. Some people think because they are angry, that gives them the right to do or say something. Unfortunately, this is not true. Your anger simply tells you that there is a problem and depending on how angry you are, it may or may not be the best time for you to respond. Learning the anger ladder will help you to know when it is a good time to respond. On the anger ladder, we believe you should only say something if you are at #5 or below. This means that though you are experiencing fight or flight, you are far enough away from the scary or painful situation, and you are now calm enough to say something that is smart and can be clearly understood by the other person.

THE ANGER LADDER- Pay close attention to the words that are underlined at each level

	10 You are out of control, and you should stay away from the person or situation that is causing you to rage. If you attempt to respond at 10, you will most likely hurt someone or yourself; there could be serious consequences, and you may regret your actions. Stay away. Give yourself time to think and gather your thoughts. <u>Take the time you need to calm down</u>
STEP 10	9 Time Out...This is too close to a 10. If the person who you are angry with, or if the situation gets a little bit worse, you could end up doing some serious damage. The best thing to do at 9 is <u>stay away</u> .
STEP 9	8 Time Out You are in a lot of emotional pain. If you are self-aware, you should recognize that your thoughts are not great and your feelings are still intense. This is not a good time to confront the person or situation that is hurting you. At 8, make a good choice to keep away.
STEP 8	7 Time Out. <u>You are way over your head</u> A 7 is not a safe place to talk or try to work out problems with people. We are still extremely sensitive, and our blood has not yet returned to our brains from our fight or flight response. <u>Stay away</u> .
STEP 7	6 If you answered No to #4 - then proceed to get ready to take a time out. You need to think about how to respond in a way that your feelings do not get in the way. You are not quite ready yet to talk it through. At 6, you need to <u>get away just for a little bit, calm down, and then return</u> .
STEP 6	5 If you answered yes to #4 - then proceed to have a conversation. Tell the person how you feel and what you need. However, Don't be offensive in the process. <u>Simply and lovingly address the person in a manner they can hear and respect you</u> .
STEP 5	4 Your mind is clear enough to make some key decisions. This is where you ask <u>yourself the question "Is it the right time or place to talk to this person?"</u> The answer to this question will allow will determine your next step.
STEP 4	3 <u>You probably need to take a break</u> . At this point, what started out as a small problem is starting to make you quite uncomfortable. It's a good idea <u>to step away from the situation and think about what's happening</u> .
STEP 3	2 <u>You recognize something is wrong</u> . It's pretty early in the encounter, but you already sense something is wrong, and you need to nip it in the bud. Tell the person how you feel and what you need.
STEP 2	1 <u>Ummm. Something has just happened</u> . What happened?! You ask. You were fine, and someone has said something or did something to get your attention. You need to pay attention to the situation or person. <u>BEWARE</u> is there a problem or not?
STEP 1	

SELF TALK

Self-talk is a way of describing all the things we say to ourselves all day long as we go to school, play with our friends, sit in our rooms, make decisions, and resolve problems. Self-talk is not really talking to yourself, although it sometimes does mean that we talk out loud. As we come across problems or decisions, we might think, 'Okay, how do I do this?' or 'This looks like it is difficult, I better ask for help,' or "I know how to fix this!"

Self-talk is not bad, or wrong, and it does not mean you are crazy, in fact, it is normal. Sometimes, we say mean things to ourselves (called negative self-talk) all day long, and it stops us from solving problems, and it can make us feel down or bad about ourselves. When faced with a problem, if our self-talk is negative, it can stop us from doing the things we need to do. Instead, we say things like "I cannot do this, I'm just going to mess it up again" or "I will probably lose even if I try and people will laugh at me." Here at Positive Kids, we help children just like you identify negative self-talk and teach them how to catch this negative self-talk and replace it with positive self-talk. To get rid of negative self-talk, we must replace it with positive self-talk. Getting comfortable talking to yourself is important.



Here are some examples where negative self-talk has been changed into positive self-talk:

- I hate my gymnastics teacher because she never chooses me!
- My parents don't love me; they never pay attention to me, only Lizzie
- All the kids think I am dumb. That's why they don't play with me

Sometimes, positive self-talk can be very helpful. Read the following example;

Jenny and Marisa enjoyed playing Barbie together. Jenny loved the Barbie's hair and would braid it and curl it. Marisa enjoyed playing with the doll as well. At the end of their play session, Jenny says "I am going to be a model when I grow up!" You can't be a model because you have short hair. Marisa thought to herself "Of course I can, there are lots of models who have short hair." I'll even ask my mom later. She felt so much better because she was able to talk to herself and make herself feel better.

SELF POWER



When you have will power, you simply make up your mind that no matter what happens, you are going to do, or not do something. You may say, you are going to join a club at school, and when you get there, you want to walk away because all the great athletes are there and you do not think there is a chance you are going to make it. But because you made up your mind, no matter how you feel, you are going to do what you said you were going to do. Making any great

change in life requires you to make up your mind. Without making up your mind, you do not develop the motivation and drive to get anything done.

What are some things or decisions you have been procrastinating?

- 1. _____
- 2. _____
- 3. _____

If you made up your mind about the things above, what would change in your life?

- 1. _____
- 2. _____
- 3. _____

SELF DISCIPLINE

Self-discipline is the part of us that says “I will control myself” and, “I will not be lazy.” Sometimes, our feelings can control us, and they want to tell us if we should go somewhere, do something, say something, etc. We can tell our feelings “NO”! I could choose not to brush my teeth, but I know it is important for my health, so I am going to do it. This way, we choose to let “what is good for us” control us rather how or what we feel. This is called self-discipline. Learning not to let your feelings control you will be a very important goal in managing your anger. At times, your anger will tell you to “just hit them,” or “say something mean... it

will make you feel better.” This is when you must talk to yourself and say something like, “Hmmm, but if I let the anger control me, and I hit or say something mean, I could get in a lot of trouble.” When you think this way, you might feel a little uncomfortable, but it is very good to tolerate that feeling. After a while, that feeling goes away. What you accomplished is that you refused to let your feelings control you. This way of responding to problems will help you master sports, activities, difficult friends, negative eating habits, and people will respect you a lot more.

Self-discipline is the cousin of will power. Willpower and self-discipline help us to choose our behavior and reactions, rather than being controlled by them. When power and self-discipline team up, it makes us feel more powerful, in charge of ourselves, in charge of our surroundings, happy and satisfied.

Whenever we get in the habit of saying “I don’t feel like “when we know what we must do is good for us, we are demonstrating the lack of self-discipline. There are many things in life we do because they are good for us, even if it doesn’t feel good to us List a couple of things you knew you had to do in the last week, but you said to yourself “ I don’t feel like it .“

1. _____
2. _____
3. _____
4. _____
5. _____



TAKING A REALITY CHECK

Sometimes, we simply do not have realistic expectations of people or life. To be 'irrational' means that what we think does not make sense or is not 'logical,' or it is based on lies that we believe. What makes these ideas irrational is the belief that they are not always correct. Some examples include:

- I cannot be happy unless everyone likes me
- If I do what is expected of me, my life will be wonderful
- Bad things do not happen to other kids
- Good things do not happen to me
- In the end, bad people always get punished
- If I am intelligent (or work hard), I will always get what I want

Sure, working hard will increase your chances of success, but success is not guaranteed. There are times when we do everything right, and we still do not get what we want. For some people, this leads to the conclusion that they are lazy, no good, or weak. This makes them have low self-esteem and feel bad about themselves.

What are some thoughts you have that may seem unrealistic?

STINKING THINKING

Stinking Thinking is thinking habits that stop us from seeing the truth about situations. If we have stinking thinking habits that we do not address, our families and friends will be affected by the way we think and not want to get close to us, or better yet, we may treat people badly because we think this way.

1. – Making Everything a Big Deal

AWFULIZING

This is when someone makes a situation into the worst possible situation. Yes, it could be bad, but it is often not the worst. For example, if we failed a test, we might say, “this is the worst day of my life. . . I am a failure!”

2. Here we go again

Generalizing

Generalizing is when we believe something happens all the time without checking out whether it's true or not. For instance, if one friend does not like us, we might think “nobody likes me!” or “I will never get better!”

3. Jumping to Conclusions

Mind-Reading

This happens when we assume someone is going to react a certain way, or believe that something will happen a certain way, or believe something about someone because they act a certain way. For instance, we can think someone in school does not like us because whenever they see us in the hall, they turn the other way. The truth is, they could be shy or nervous around others. Mind reading assumes that we think something is true without any real evidence.

4. My feelings are the truth!

Emotional Thinking

Feelings are important, but sometimes we act as if what we feel tells us the truth. Our feelings go up and down, and so they cannot always be trusted to tell us the truth about what is really going on. Emotional thinking happens when we think we are stupid because, at that moment of time, we feel stupid. For example, did you feel stupid or dumb when you did not get an ‘A,’ or when you failed that test?

Have you ever had a time, when you thought bad thoughts about yourself because something made you feel bad?

5. All or Nothing

Black and White Thinking

Black and white thinking simply means that we think things should be only one way. We think that our way is the best way or there is no other way to look at the problem. For instance, if you were doing a project at school and you had some coloring to do, your friend might say, 'hey, let's color from the outside in,' but you love to color and you always color from the inside out. You get into a fight because she insists if you do it your way, the project will get ruined. It is one way or no way. This is referred to as black or white thinking.

Black and white thinking simply means that we think things should be only one way. We think that our way is the best way or there is no other way to look at

6. Oh my gosh.....no

'WHAT IF' THINKING

Here is the setting: It is the long weekend. You are pumped. You and your parents are about to take a trip that you have been waiting forever for. You think to yourself, "I can't wait to go, it's going to be so much fun!" But what if I start feeling anxious because of all the excitement? You begin to think "what if I get sick?" or "what if we get into an accident while going there" or "what if I get lost?" By simply reading this you might be feeling the stress increasing instead of decreasing. 'What if' thinking goes looking for everything that can go possibly wrong. 'What if' thinking tries to be in control of everything that is out of our control. It is a 'no-win' way of living.

Here is the setting: It is the long weekend. You are pumped. You and your parents are about to take a trip that you have been waiting forever for. You think to yourself, "I can't wait to go, it's going to be so

These are ways of thinking that can get us in trouble and cause us to feel angry at ourselves or other people. It's good to do a "thinking check" to see if you ever think in some of these ways. If you do, list them below;

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

HOT THOUGHTS/COOL THOUGHTS



Hot thoughts are the thoughts that act as triggers, but they are self-generated. Hot thoughts are sparks that light the dynamite. They are the baking soda that is added to vinegar to cause your homemade volcano to explode, and these hot thoughts trip that wire which sets in motion your anger sequence. Your hot thoughts are like friends who are not really your friends called 'acquaintances,' who have pretended to be your friend. They act like they are on your side and have your back because they always sound like they are protecting you. Watch out! They are not your friends and might try to ruin your relationships,

successes, and emotional wellbeing.

Hot thoughts are usually automatic, well-rehearsed thoughts that bring about angry feelings. Automatic thoughts or 'unconscious thoughts' occur without intent or logical creation. They are old, very familiar thoughts that the brain has put into automatic sequences. Hot thoughts are automatic thoughts, but not all automatic thoughts are hot thoughts. These thoughts are attached to old, hurtful, or scary memories that come to fight like lions or tigers protecting their babies. They are nasty, teeth-bearing, and ready to jump into the fight due to the slightest thing amiss. That is why they are usually black and white thoughts; they are vague, but exaggerated. Hot thoughts fight first and ask questions later. However, they can be recognized and broken down.

Cool thoughts are thoughts that throw cold water on the burning fire. They are the fire extinguisher that stops the fire from spreading, hot soapy water that kills those icky germs from getting sick. Cool thoughts are the clear and mature thoughts that allow you to get off the roller coaster of life. There is an old saying we all have heard - cooler heads prevailed. This saying means that, while there was a significant danger of hot heads starting a war, cooler managed thoughts calmed the situation down so that the problem could be tackled without hurling insults and just fighting. It is very important to know your own hot thoughts and how you can destroy them in seconds.

This is a list of common **Hot Thoughts** and corresponding **Cool Thoughts**

Hot Thoughts	Cool Thoughts
I cannot take this anymore!	I am getting over loaded and need a break.
I hate this!	This is not my favorite thing, but I can do it.
Nothing bugs me like this!	I can do this!
Ms. Angie is so stupid	Well, she's not so bad. She helped me last week
Why does everyone hate me?.	Maybe, I'm just over reacting. Only Ricki said that
I do not take this from nobody!	I sometimes give it, so I need to take it.
No one does this to me!	Well, it seems to happen to everybody.
Screw You! Screw Everyone!	I need to cool down and think.
You cannot trust anybody.	There are more trustworthy people than untrustworthy people.



Let's list some of your hot thoughts and corresponding cool thoughts.

STOP N' THINK

Did you know that there are two parts of the brain, one is the feeling part, and the other is the thinking part? Normally, these two sides work together to help us solve problems and make sense out of situations. However, if someone does something to cause us to feel big emotions like anger or fear, our fight or flight triggers our thinking brain to go into hiding while our feeling brain takes over to fight or flee from this person or situation. The more angry we are, the harder we will fight or the faster we will run. At this point, it means we stop being clear-minded or logical. Do you remember what logical means? Logical means that the way we think about something is clear, organized, planned; it makes reasonable sense.

The problem is that when we stop being logical, we do or say things out of just emotion - and that means we can say some really mean things or do some awful and damaging things because we are protecting ourselves. But what if someone really was not really trying to hurt us on purpose, or they just made a mistake, and we react the same way? That is why when we get angry, we must think before we act, otherwise, we can become that protective mother tiger to people who really may not be trying to hurt us.

One of the ways we can stop the feeling brain from taking over is to practice stepping back and think about the consequences of our actions. We can intentionally ask ourselves “what will happen if I say this, or do this?” or “is it worth it for me to get in trouble for” or “am I willing to lose this if this happens?” This line of questioning gets the thinking brain back in the driver’s seat and forces it to work with the feeling brain once again.



PRACTICING PATIENCE AND TOLERANCE

Practicing patience and tolerance is an important tool because we have to be very patient and tolerant in many situations in life. It is not fair to cut in line! We must be patient because the person in front of us was also patient.

Patient means that you learn to wait for something if or when you are unable to have it at the moment. For example, patience is going to the school cafeteria and having to wait until your turn to request your order.

Tolerance is similar to patience. We display tolerance when we have to learn to be put up with other people's behaviors, words, or big emotions for a particular reason, or for a period. Suppose you go to the doctor and you are waiting to be seen. Another kid starts to cry because they have just been given a needle. Your ears hurt, and you feel annoyed at how loud his voice is. In this situation, you may have to tolerate this inconvenience because you can't do anything about it.

Tolerance means that you are able to keep yourself in control while you are experience something you dislike.

To be patient and tolerant are important skills, and it takes some time to learn this. Try this exercise: Tell yourself that you can have the chocolate bar in three days (first, ask permission from your parent/guardian). You need to be tolerant while you have the cravings to eat it. You have to be patient for the three days you've given yourself to wait.

You can tell yourself "I will have it, soon." You can write yourself a note that says "DON'T eat this!", or you can sing a funny song in your head like "it will be yummy soon, it will be yummy soon, but it will be better later and not today – wait!" Find what works for you and share what you experienced with your counselor.

What are some ideas you came up with to help you to be patient and more tolerant?

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____

BEHAVIORAL TOOLS

TIME OUT OR TIME IN

Sometimes putting yourself in a time out could be a helpful strategy. If you noticed, we also called this section 'time in'. Part of the reason why we have given you this option is that sometimes we just need a break. We might think of 'time out' as being punished, but it is really not. If you choose to think of time out as 'time in,' think of it as your way to take a break inside your mind. You also can take time in to another location to breathe, relax your muscles and be alone. Consider a time in as a positive moment for you to regroup your thoughts, feelings, body and breath. This is a wonderful strategy. Time Out is a tool that helps us get away from a situation if we think we are going to lose control. It's a powerful strategy we can use before we say or do things we will regret. Time outs help us to recognize important cues that tell us "It's time to Go! There are 6 (R's) in Time out.

1. **R**esolve
2. **R**ecognize
3. **R**esist
4. **R**emove yourself
5. **R**efocus
6. **R**eturn



Task # **R**esolve

Resolve simply means warning people ahead of time that you will leave if you feel like you are getting overloaded with anger. It shows respect for everyone involved. It may sound something like this over dinner “ Mom, Dad.. I realize that sometimes when I get angry, I say mean things or I get violent. I don't want to hurt you guys anymore, so from now, If I feel like I'm getting really angry, I'm going to go to my room or take a walk but I'll be back when I calm down. Is that ok with you guys?

A statement like this makes people feel safe and trust you all the more.

Task # 2 - **R**ecognize

When you notice that a 'Time-Out' is needed, it is helpful to actually marry the hand signal with your words. Learning to recognize the first signs of anger allows us to have more time to respond rather than react. Some warning signs include feelings in your body, behaviors, feelings and thoughts we discussed in the Anger Cues section. When you recognize any of your anger cues, it is signalling to prepare to leave the scene.

Task # 3 - **R**esist

Resistance is learning to not do the thing you want to do, or say the thing you want to say even though you are feeling very angry. This is where you use self-talk to say things like "It's not worth it to lose control. I just need to hold on a little bit longer and I'll be out of here. Everyone can resist! If you knew you would win a brand new bike or that game you always wanted if you kept your cool for 3 minutes, you would. You just have to believe the benefits of resisting are worth it. In this case it is, you hold on to your self-respect and the respect of others. Resist until you can remove yourself.

Task # 4 - **R**emove Yourself

Removing yourself sometimes needs to be done in seconds, similar to when we hear a fire alarm and think, 'Where is the nearest exit?' When you know a time out is needed, you need to communicate your need for a time out and exit. This is no time to make a last comment or reply to a demanding opponent. Get out of there NOW. Leave your pride on the table, along with the issues, knowing that you would rather lose a little than lose a lot. By not losing your temper, you will save yourself regret and respect. Be careful that you do not fall prey to unhelpful thoughts like:

- ✓ Why should I have to leave, I was here first!
- ✓ I didn't start this. I am not leaving!
- ✓ I just need to do one thing before I go!
- ✓ This isn't fair!
- ✓ How dare you talk to me like that!

Just say, "I have to take a time out, I am going to leave right now for a short time, and I will return as soon as I can." Then leave immediately. Immediately means NOW!

Task # 5 – Refocus

Refocusing is a time to go somewhere safe and quiet and think about what has just happened. If you need to do some deep breathing or use self-talk to calm yourself down do so until you feel relaxed? Then start thinking about how you got here in the first place, what's really important to you and what you really need from this situation. These questions will get your mind back in control of your emotions. Without asking yourself key questions, your mind is left out of the equation and you remain stressed or angry. Once you have answered these questions, expect when you go back that there might be some tension as the other person might still be angry. Go in there with a plan otherwise you will fall right back into the same situation.

Task # 6 - Return

We all need to return! Always! Why? Simply because, we need to face the things that frighten us. Even it is dealing with people in our own family, school or social events. Fear grows when you run from it. There is an old saying that is true, "The only thing you have to fear is fear itself." Because you followed the last five steps, you will now be relaxed, calm, and have refocused on what you believe in and who you are. Hearing someone out doesn't make your point wrong; it just makes you mature and humble.

When you do go back, tell the person that you are interested in what they have to say and that you believe both your point of views matter. It might sound something like this. "I know your thoughts and feelings are just as important as mine, and I want to be fair to both of us... what is it you were saying earlier ... I want to understand". This statement should make the other person unwind and feel less angry. Then you can both try to work it out.

DEEP BREATHING

When we feel anxious or worried, we can learn to breathe in a way that helps reduce the stress our body is feeling. Deep breathing is a way to get our bodies to calm down by taking in deeper breaths and letting out breaths as well.

DEEP BREATHING EXERCISE

Get comfortable in your chair. If you like, close your eyes, or just gaze at the floor.

Take a few moments to settle yourself. Now make yourself aware of your body. One of the most important aspects of deep breathing is called a self-check or body scan. Check your body for tension, beginning with your feet, and scan your body to your head. Notice any tension you might have in your legs, your stomach, your hands, your arms, your shoulders, your neck, and your face. As you notice the tension, try to let go of the tense feelings you are experiencing.

Inhaling and Exhaling

Inhaling means to take a deep breath in. To inhale, you do not want to do this quickly and suck in your belly, but you want to open your mouth and take in as much air possible trying to make your stomach small because of the air that is filling your lungs. Exhaling means that you are going push that air **OUT**, and for this exercise we want you to push the air out through your nose, slowly.

Now, make yourself aware of your breathing. Pay attention to your breath as it enters and leaves your body. This can be very relaxing. Take a deep breath. Notice your lungs and chest expanding like how a balloon expands. Now slowly exhale through your nose. Again, take a deep breath. Fill your lungs and chest. Notice how much air you can take in. Hold that air in for a moment. Now release it and slowly exhale. Okay. Let us practice that one more time, inhale slowly and fully. Hold on to it... just a moment... okay, now release it, slowly through your nose.

Now on your own, continue breathing in this way for a few minutes. Continue to focus on your breathing. With each inhalation and exhalation, feel your body becoming more and more relaxed. Use your breathing to wash away any remaining tension.

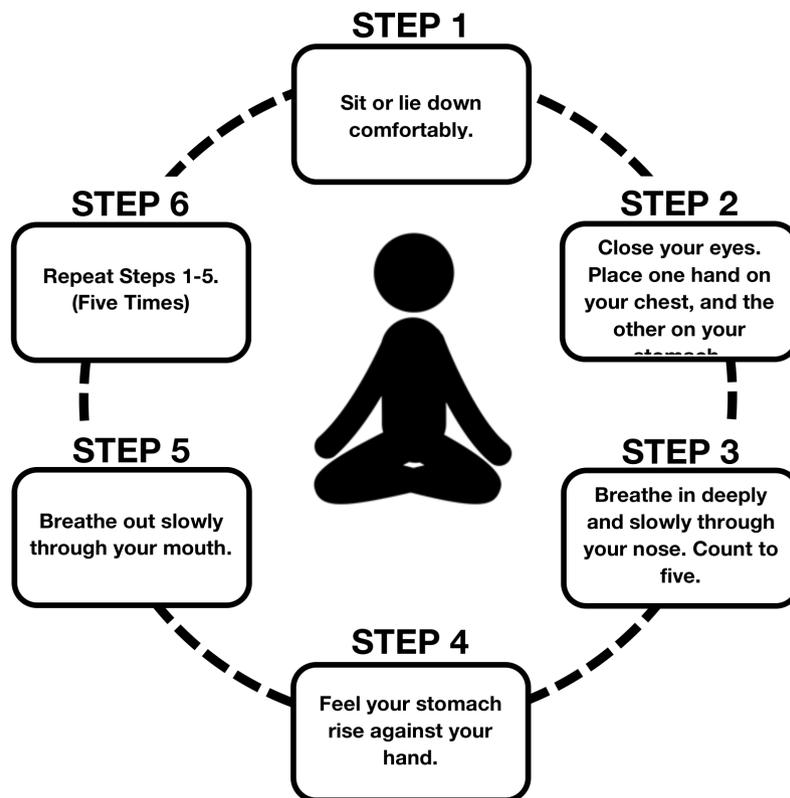
(Practice breathing for 1 to 2 minutes in silence.)

Now take another deep breath. Inhale fully, hold it for a moment, and let it go. Inhale again, hold it, and let it go. Great job. Continue to be aware of your breath as it fills your lungs. Once more, inhale fully; hold it for a

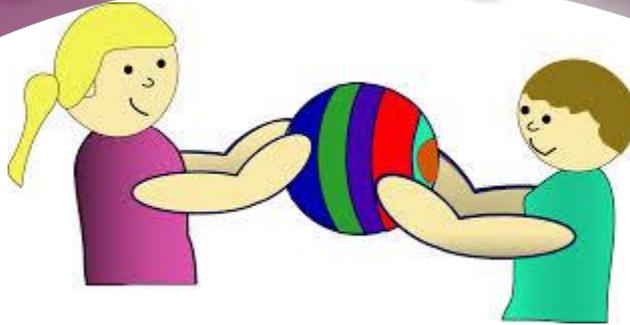
moment longer this time, now let it go. Let us do a self-check, again. Do you have any tense muscles? Check your muscles from your toes to your head. Great. When you are ready, open your eyes.

How was that? Did you notice any new feelings in your body while you were breathing? How do you feel now? This breathing exercise can be shortened to just three deep inhalations and exhalations. This can be effective in helping you relax when your anger is becoming higher on the anger ladder. You can practice this at home, at work, on the bus, while waiting for an appointment, or when you are taking a walk. The key to making deep-breathing an excellent relaxation technique is to practice it frequently and to apply it in a variety of situations that you are in.

6 Steps to Deep Breathing



Fair Fighting Rules



Even though you have learned a lot of important ideas and strategies so far in this course, we can still find ourselves in conflict. It is expected that we will not always agree with everyone and that at times, we may find ourselves trying to get our point across. There are definite 'Do's and 'Do Nots' when we manage our anger. Below is a chart that can be used as a guide.

 SCHEDULE A Fair Fighting Rules	
NOT DO 	DO 
Make fun of others	Tell people what you feel
Hit, push, shove, hold, or threaten to do so	Take time outs as needed
Stand up and yell	Sit down and talk
Make faces	Listen
Attack the other's personality	Focus on the specific behavior you want
Name call	Make regular eye contact (but be careful not to glare)
Get stuck in the past	Be flexible – be willing to change your mind

Run away from the issue	Breathe calmly, stay relaxed
Say "forget it", "oh well" "whatever" "I do not care," "so what," or anything that ignores the other person's concerns	Be responsible for everything you say
Need to get the last word in	Focus on solutions, not victories or defeats
Interrupt	Stick to one issue at a time
Say "always" or "never," or other generalizations	Use "I feel..."

LEARNING PROBLEM SOLVE

Problem solving is a word that is used so often in school, in sports and even at home. When it comes to anger, it means, recognizing when someone has done something to offend you and choosing to do something about it instead of ignoring it or simply reacting to it. Reacting to a problem usually means your emotions get involved without your thoughts, and you seem out of control. This results in people not respecting you or thinking you are a bully. Ignoring it causes people to think you have no respect for yourself and treat you like a doormat. Problem solving on the other hand means

- 1) You recognize there is a problem
- 2) You are aware of your thoughts and behaviors being triggered
- 3) You carefully plan how you are going to approach the person to resolve the problem

Kids who are good problem solvers have few emotional and relational problems. This does not mean that they never get angry; everyone gets angry some of the time. But when they are frustrated, or when they are faced with a difficult situation, they think up solutions to the problem.

The more you solve problems, the better you get at solving new problems that come your way. There are some steps you should take when solving problems with people that offend you.

- Identify exactly what the person did or said that offended you
- Think of several ways to approach the person or to solve the problem that is causing your anger
- Consider the pros and cons (pluses and minuses) of each solution.
- Try the solution that has the most pros
- If the solution you selected didn't work out, try another option. Keep trying until one of your options works

BRAINSTORMING

Brainstorming is a way of generating a whole bunch of ideas at one time to solve a problem. It doesn't have to make sense; it just has to be an option. Once you can list all the different possible solutions, you can decide which one would be best for your problem. For example, think of all the different ways you can use a garbage bin? I'll give you one idea. You continue with the rest.

1. Use it as a basketball net
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____



EMOTIONAL TOOLS

TALKING ABOUT YOUR FEELINGS

Think of the angriest moment you have ever been in the last 6 months. Fill out the form below explaining in detail what happened.

The situation occurred between me and _____. I was angry because he/she did the following _____
_____. When he/she said/did that, I felt really _____ and really _____. Honestly I hated the fact that he/she _____ but that did not give me the right to _____. If I could go back in time, I would not have _____. Instead I would have _____. What I really wanted them to know was that I _____.

When we have the time and clarity to think about our thoughts, we can express them more lovingly and effectively. This exercise gives you an opportunity to replay a past situation in a more controlled fashion. Talking about your feelings is something that has to be done skillfully and habitually. Let's do another one.

The situation occurred between me and _____. I was angry because he/she did the following _____
_____. When he/she said/did that, I felt really _____ and really _____. Honestly I hated the fact that he/she _____ but that did not give me the right to _____. If I could go back in time, I would not have _____. Instead I would have _____. What I really wanted them to know was that I _____.

LEARNING TO COMMUNICATE

What we want to do is to have wonderful and trusting relationships. To do this, it is important that we talk in a way that is respectful but gets our point across. Let us learn about 3 ways to communicate: (a) aggressive (b) passive (c) assertive. Aggressive communication looks and sounds bossy, mean, and cruel. Passive communication sounds “left out,” worthless, and quiet. Assertive communication is THE BEST, and it is clear, to the point, and respectful.

Let us look at how aggressive and passive communication styles are not helpful in communicating.

Passive Communication

Passive communication, as it was earlier mentioned, sounds “left out,” worthless, and quiet. If you are communicating passively, you might say, “never mind,” “don’t worry about it,” or “I didn’t really want to play anyways.” By talking passively, you are not having your needs met, and you are likely going to leave feeling bothered and upset.

Let us consider some communication styles that would make someone seem **PASSIVE**

Tone (too quiet, too timid, too low, etc.	×
Doesn't have an opinion	×
Cautious and unsure with their words	×
Seeks other peoples' approval	×
Indecisive, always blames self, don' t matter in group decisions	×
Overly tolerant	×
No eye contact, or looks down,	×
Cconveys low self-esteem with gestures and posture	×
Always the one to give in, always losing out to others	×

Aggressive Communication

Aggressive communication, as it was earlier mentioned, sounds bossy, mean, and cruel. If you are communicating aggressively, you might say, “get lost!”, “You're so dumb, go somewhere else!” or “move! You're in my way”. By talking aggressively, you may get what you want, but people will learn to stay away from you, they might consider you a “bully,” or you could lose friends.

Let us consider some communication styles that would make someone seem **AGGRESSIVE**

Tone (too harsh, too loud, too low, etc.)	×
Cruel words, swearing, criticism	×
Sarcasm, and other indirect aggression	×
Judgments/Power positioning/Blaming	×
Impatience	×
Eye contact that seems like staring, and other nonverbal gestures	×
Indifference: someone acting like they do not care	×

Assertive Communication

Assertive communication, as it was earlier mentioned, is clear, to the point, and respectful. You are living well within your family unit and respected among your friends. If you are hungry, you will ask others to pass the potatoes. If you want a second helping, you will also indicate that you would like more, but you will ask if there is anyone else that would like more, first. You can visualize that living within a community is much like living in a family. Everyone in the family should feel just as important as the other, but no more important than someone else. Your needs are important! You are important but not important than anyone else!



Let us consider some communication styles that would make someone seem **ASSERTIVE**

Tone is respectful and considerate of audience	✓
Clear and confident	✓
Words are to the point and sensitive. Goal is to inform others	✓
Take responsibility for his/her feelings	✓
Makes no judgements and conveys truth in a helpful way	✓
Open to hear others opinion and believes that all parties have a point worth hearing.	✓
Pays attention to others through eye contact, body language and gestures	✓
Tells others what they need and is very comfortable doing so	✓

Assertive Behaviors

- ✓ Relaxed and comfortable with themselves and others
- ✓ Makes decisions while considering others
- ✓ Addresses conflicts without blaming people, but addresses issues and problems confidently
- ✓ Communicates wants without disrespecting the rights of others
- ✓ Asks for what they want and need in clear, concise, and respectful way
- ✓ Looks for win-win situations: Others are as good as me, and I am as good as everyone else
- ✓ Have a strong sense of self-confidence
- ✓ Know that my needs are important
- ✓ Be capable of getting what it is that I want
- ✓ Be responsible for my own thoughts, feelings, behaviors, and choices

BEING ASSERTIVE IN COMMUNICATION

When we are in conflict with someone, there is a way to talk when we are trying to be assertive. There are some definite “do’s when we communicate. An assertive statement is called an “I” statement and has four components.

- 1) The word **I** - The word “I” allows the person speaking to own the message. Hence, they are not blaming or judging.
- 2) The **feeling** or the emotion you feel - The core feeling underneath your anger (E.g., sad, afraid)
- 3) The **act or behavior** that is troubling you - What the person did that hurt you
- 4) What you **want and need** from the person - How you want the person to change their behavior.

Let’s practice with the last angry encounters you had with a family member or a friend

How did they offend you? _____

How did you feel? _____

What did you need from them? _____

E.g. I felt sad when you embarrassed me in front of the crowd; I needed you to defend me.

Based on the scenario above, what would you assertive statement sound like if you were confronting the person?

OTHER WAYS TO EXPRESS YOUR FEELINGS

Here are some ideas:

- Talk about it
- Draw a picture that expresses your feelings
- Do something, like playing a sport or a game that will take your mind off what is making you angry
- Listen to music
- Find something to laugh about
- Walk around until you calm down
- Take five deep breaths
- Sit down and relax your muscles
- Think of what is bothering you as a problem you can solve

Can you think of some other helpful ways to express your anger?

LEARNING TO LISTEN

Did you know listening and hearing are not the same? Ponder on these two words. What do you think the difference is? Listening is active and engaging. You are paying attention to the person on purpose, and the person experiences your attention through cues that you are giving. Maybe you are nodding your head, or saying yes, or looking in their eyes. Hearing is very passive. That means you can be hearing something without really paying attention. For example, have you woken up in the morning and heard birds chirping or singing? You can hear the birds, but you are not necessarily listening to them. When we are in conflict, we often feel the other person isn't listening to us, and often we are not listening to them either. Without being heard, we often stay angry, and others do too.

Some ways you can convey listening includes;

1. Looking at people in the eye. Eyes connect us and make us feel part of the same experience. It also tells the other person you are listening
2. Use gestures, cues and body language to convey you are present - Saying something like "ok, or alright, " nodding your head, or anything that lets the other person feel you understand what they are saying. You may not agree, but you want them to know you hear them
3. Don't interrupt as they are talking. Most often, if you give people a chance to talk without interrupting, they will give you the same honor
4. Validate people - Validating means, you allow them to express how they feel no matter if it makes sense to you or not. Many times, when someone says something we disagree with, we want to correct them. When we validate, it's not a matter of if it's right or wrong, it's simply allowing them to let it out without you making them feel bad about it. E.g. you friend comes to school and is upset because you broke the video game they lent you. Validating would be saying the following " I understand you being angry with me, it would hurt if someone broke my video game too"

LEARNING TO USE YOUR WORDS WISELY

Most people think words are just words, but this is very false. There is an energy behind words that cause scars to live on forever. Consider the following story.

Nails in the Fence

There once was a little boy who had a bad temper. His father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence.

The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to control his anger, the number of nails hammered daily gradually became less. He discovered it was easier to hold his temper than to drive those nails into the fence.

Finally, the day came when the boy didn't lose his temper at all. He told his father about it, and the father suggested that the boy now pulls out one nail for each day that he held his temper. The days passed, and the young boy was finally able to tell his father that all the nails were gone.

The father took his son by the hand and led him to the fence. He said, "You have done well, my son, but look at the holes in the fence. The fence will never be the same. When you say things in anger, they leave a scar just like the holes in the fence."

The little boy then understood how powerful his words were. He looked up at his father and said, "I hope you can forgive me father for the holes I put in you."

The next time you decide to use your words, please consider if you want to be someone that leaves holes and scars on someone heart for the rest of his or her life. You never know how someone will receive the words you say. You may have said something without meaning it, but someone else may take those words to heart, believe it and live with that pain forever.

What are some words or phrases people have said to you that have hurt you in the past?

What are some words or phrases you have said to others you regret saying and probably shouldn't ever say again?

What are some words or phrases you would like to use more often with people you care about?

DEALING WITH OTHER DIFFICULT FEELINGS

Jealousy

Jealousy is common to everyone. At some point or another, you will feel jealous of someone or something. It is important to understand, this is normal. When someone has something that we would like for ourselves, it is quite natural to desire it and even try to get it for ourselves, if we can. This can be positive if it drives us or motivates us to seek, want or desire better things for ourselves. Imagine, your friend always got an A on her spelling test. When you talked to her about how she does it, she tells you that she studies every night with her Grandma Lily who lives with her. You want to get better marks on your spelling test, so you decide to start studying. You decide to practice with flashcards and prepare every night for your weekly spelling test. When you write it, you get your mark back, and it is an 'A.' All that hard work paid off. Jealousy helped you to achieve your goal. However, jealousy can become unhealthy when we start wanting what someone has even if we do not need it, but we want it simply because others have it. It can also become unhealthy when it becomes a habit of simply wanting what everybody else has. One of the ways to know if your jealousy is healthy is to ask yourself if the thing you want is something you need. It is also important to think about if you need something or simply want it. Do you have a habit of wanting a lot of things that other people have, or does it happen infrequently? Something else to also think about is to ask yourself if you like it when other people are jealous of you. Sadly, some people like to make others feel bad, so they get things to make others jealous of them. The truth is if you like to make others jealous; naturally, you will invite the negative energy into your life as well, and you will be jealous of others.



Shame

Shame happens when we feel embarrassed about something we went ahead and did or said something that we knew we should not have, and now there might be consequences ahead of us. Consequences might happen if we are caught doing something shameful, but if we are not caught, we can feel shameful for simply having done it. You might feel shameful if you agreed to walk



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someone's dog, but forget to bring it back. When the owners call you to find out how the dog did, you might feel shameful because you forgot. The problem is, you need to tell the dog's owners the truth, but you really do not want to because they might be mad at you. It was a mistake, but you still feel bad about it. Would you tell the dog's owners, or would you live with the shame? Although we might choose to live with the shame, shame can build on negative feelings, and over time, make us feel like not very good people. The problem with shame is that it makes us feel bad for who we are rather than what we do. Yes, sometimes we find ourselves doing or saying things that don't benefit us, and yet we should feel something. Guilt, disappointed and even sad are feelings that are very useful when we don't meet our own standards. However, when we start feeling bad about who we are, that is a problem. You know you struggle with shame when you say things like "I'm bad," or I'm no good for..... These type of statements really destroy our self-esteem and self-worth. A more healthy way of responding to disappointments is to say things like I feel disappointed for not living up to my promise, or I feel guilty for stealing the neighbor's watch. This shows remorse but doesn't make your entire personality bad, just your actions.

Annoyance

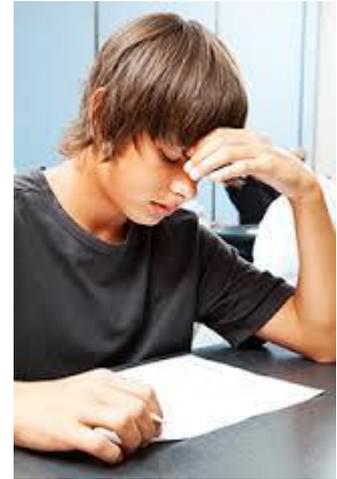
Feeling easily annoyed is easy to do, but it is not easy to live with. When we are feeling easily annoyed by things, we tend to have a short fuse to anger. Feeling annoyed is the beginning of anger, and it tells us that something is starting to trigger us. If we feel annoyed too easily, it means most things easily trigger us. We have to learn to choose our battles and know when it's worth it to get angry. If you find yourself feeling easily annoyed, you can do one of two things;



- 1) When you feel annoyed, and it is reasonable to do or say something, do so with sensitivity and finesse. However, if you become a person who becomes known for whining and grumbling, people will stop taking you seriously because they'll think you complain about everything so choose wisely.
- 2) Secondly, we have to choose to let things go and try not let things bother us so easily. One way to do this is to try and change how we think about the situation and prove to ourselves that it is 'no big deal.' These are moments, when self-talk may be necessary and useful.

Frustration

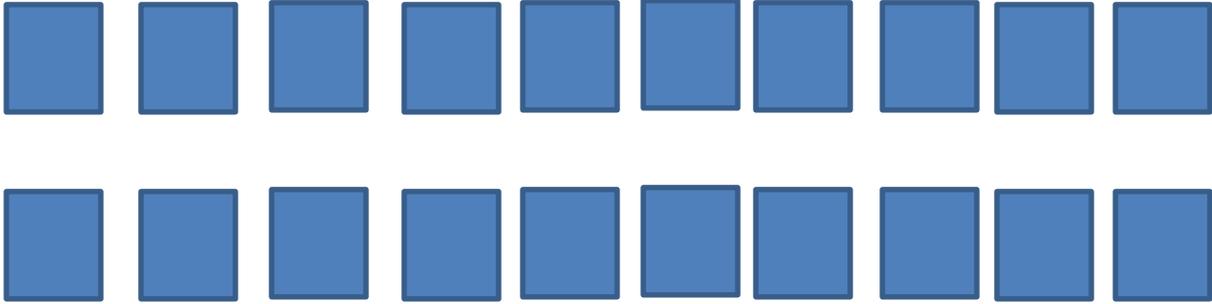
Frustration is a normal part of life and is similar to other emotions. It can be used positively, as well as negatively. When you are frustrated, it means that you feel angry because you cannot change or achieve something. Often, the issue is that we want what we want and are not willing to work with the outcome of our efforts. One of the most important things to learn about frustration is this: Sometimes, control is within your power, and sometimes it is not, and you need to accept that. When something is within your control, you have the time, resources and energy to affect the outcome. Alternatively, when something is not within your control, your lack either the time, resources or energy to affect the outcome.



We often look at frustrating events and think “but only...” However, we never stop to question whether the pull that is coming back at us may be telling us important information. Perhaps, we need to take a different direction, try a different option, or go a different path because that might ultimately be the way or the answer. When we have a tendency to want what we require and don’t assess our readiness and preparedness, we will often struggle with frustration. The goal is to be open minded and notice that there are other paths, other choices, and other options that may be able to help us reach our end goal.

FUSTRATION EXERCISE

On the boxes below, write numbers 1-50 on your non-dominant hand. This means, if you normally write with your right hand, use your left and vice versa. The goal is to see if you can manage to complete the exercise without losing your cool. You cannot write outside the boxes. Try to fit it into the box.



YOUR RIGHTS AND ENTITLEMENTS

At times, people may make us feel bad for having feelings or having emotional experiences. Below is a list of entitlements that you and I received the day we were born, and you have no reason to apologize for them;

- You are entitled to free choice. You can make your own decisions about ANYTHING you want, at any time you want (providing this does not include that you are hurting yourself, others, or that someone is hurting you).
- You are entitled to make mistakes, even big ones.
- You are entitled to change your mind.
- You are entitled to make decisions without offering explanations for your behavior.
- You are entitled to judge your own behavior, thoughts, and emotions as to whether they are appropriate or not, and to take responsibility for them and the consequences of them.
- You are entitled to say, “No.”
- You are entitled to say, “I do not know.”
- You are entitled to say, “I will think about it,” “I disagree,” or “I do not understand.”
- You are entitled to be your unique self
- You are entitled to make your life better or worse
- You are entitled to live your life the way you choose to and not be responsible for someone else’s actions or choices
- You are entitled to have personal needs
- You are entitled to experience and express your feelings
- You are entitled to be angry at someone you love
- You are entitled to be afraid
- You are entitled to live with respect and dignity and not be abused
- You are entitled to worship as you see fit

FEELING EMPATHY AND COMPASSION: SEEING SOMEONE ELSE'S POINT OF VIEW

Empathy is a very simple way of learning to walk in someone else's shoe. When we are angry, we get so emotional that all we can see is what we want, and that the other person is getting in our way. However, just like you have your point of view, when we are in conflict, it's important to keep in mind that the other person also has their point of view. You may want to watch your favorite show on TV, but they also love their show and want to watch their show as desperate. When we are in conflict, we see our opponents are bad and irrational. We rarely stop to see that they have needs, just like we have needs. Empathy allows you to see people in the following ways;

- 1) See their world
- 2) Appreciate them as human beings
- 3) Understand their feelings
- 4) Communicate understanding

No matter how angry we are, once we can appreciate the value of empathy and practice it when problem solving, people will put down their guard. If people feel like you, there will be no need to put up such a fight.

View point of Offender

To practice empathy ask yourself the following questions;

- 1) If you were in their situation, how would you be feeling?
- 2) Would you be acting differently if the same thing happened to you?
- 3) Have you thought about what they have gone through or what personal difficulties they are going through to make them act this way?

These beginner questions help you to think differently and as a result feel differently towards those who have offended you.

People often feel hurt or alone when no one understands what they are going through. Have you ever had that feeling? Empathy is simply understanding how someone else is feeling or being able to relate to the situation they are in. Sometimes, we must think real hard of a situation in our lives that might be like what they are going

through. Sometimes it is easy to do this, and sometimes it is not. But that is where we start. Empathy has two parts including being able to understand someone's feeling and seeing things from their point of view.

Understanding someone's feelings

Example: Have you ever felt sad because your friend was crying. That is empathy! For example, do you remember an occasion when you had to say goodbye to someone, and they started crying? Did that make you sad, as well? Sharing this sadness is a kind of empathy.

Seeing things from their point of view

Example: Do you remember a time when you took your sister's or brother's favorite belonging, you destroyed it, and you did not think it was a big deal? However, when they told you that it was something special someone gave them, can you now understand how they got angry and lashed out at you. That is empathy. You showed empathy by understanding how things felt from her side of the situation.

Exercise:

Here are three tricky situations involving a friend. Pick one of the situations to focus on, and write your thoughts about whether you would show empathy in the situation and what results your decision might have.

Scenario 1

You have been best friends with Samantha since Kindergarten. Since the start of school this year, you have become good friends with Taylor, too. Samantha told you yesterday that she is not going to be friends with Taylor anymore and neither should you. Now Taylor is sitting alone outside, looking very sad. What should you do?

Scenario 2

Your best friend, Dan, has started to pick on Peter, a quiet kid in your class. You thought it was funny in the beginning, but now Dan's getting more mean and more mean. Peter tries to stay away from Dan during the day, but Dan just picks on him more. Peter is becoming more and more upset. Other kids in the class still think it is funny. What should you do? Empathy?

Scenario 3

Your best friend's grandmother just died. She wants you to come over on Saturday night to spend time with her after the funeral because she has been so sad and at the same time, your dad bought you tickets to watch your favorite sports team play on Saturday night. Besides that, you are not really sure what to say to your friend. What should you do?

RELATIONAL TOOLS

FACIAL EXPRESSIONS

Have you ever seen someone who had such a scary look on his or her face that you got scared? Often, people are not aware that their facial expressions can make other people feel emotions, too. Our faces can say many things, including:

- “I am in a bad mood, get out of my way”
- “I need some attention; can you help me?”
- “I want to hurt someone; do you want to fight?”
- “I’m really scared.”

Reading facial expressions is part of having “emotional and social intelligence.” People rely on different things to understand individuals. Some of these ways include our tone of voice, body language, and facial expressions. For this reason, we have to be mindful of our facial expressions, and we have to read and investigate facial expressions of other people, too. When we can be aware of how we look, we will be less intimidating to others. In addition, learning to read other people’s faces will help us to have better relationships with others because we read cues better.

To make sure that you are giving a true message about how you are feeling, it is important to do an inventory of how you currently “wear” your face. If people have told you that you look unfriendly or even scary, there are some things you can do to look more approachable and welcoming.

LET'S FACE IT – GAME

Look at the following images and write a brief description of what you think each person might be feeling:



BODY LANGUAGE

List the things we do with our bodies that tell others we are angry



Hands



Feet



Head

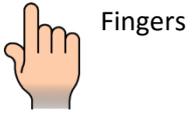


Shoulder



Arms







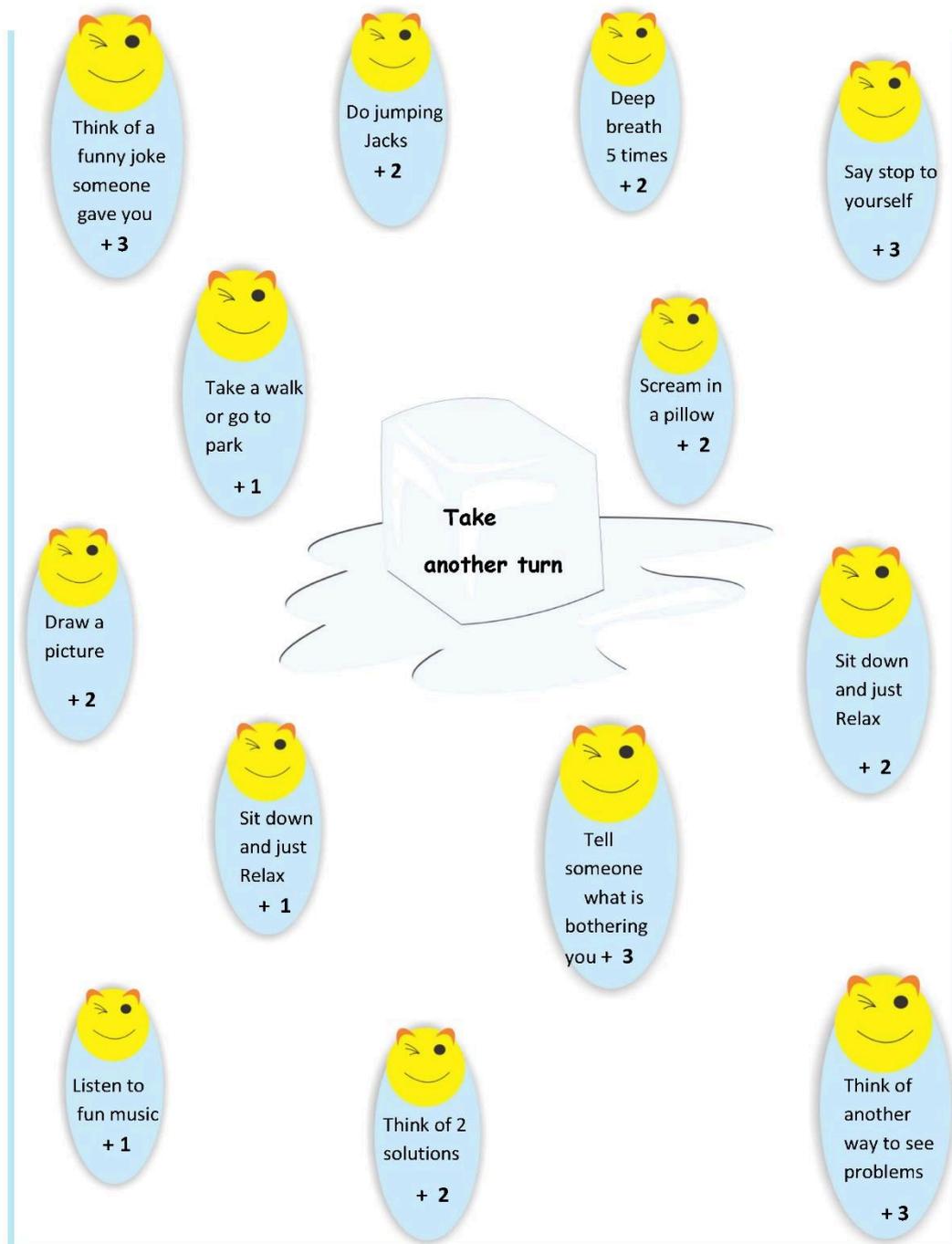






Cool Down Game instructions: You can play this game by yourself or with someone else. It's always fun to play with someone so if your mom, dad or sibling is around, tell them you'd like to cool yourself down and you need a partner to play the game with. You'll need a penny, or nickel or a quarter as your throwing object (instead of a dice). Toss the coin in the air above the game sheet. Whatever slot your coin lands on, you'll have to do what it says. Ready. Set ... Go

GAME BOARD FOR COOL DOWN



The game board is a light blue rectangular area with a central ice cube melting. The ice cube is labeled "Take another turn". Surrounding the ice cube are 14 oval-shaped slots, each containing a yellow smiley face with a winking eye and a task with a point value.

- Think of a funny joke someone gave you + 3
- Do jumping Jacks + 2
- Deep breath 5 times + 2
- Say stop to yourself + 3
- Take a walk or go to park + 1
- Scream in a pillow + 2
- Draw a picture + 2
- Sit down and just Relax + 1
- Sit down and just Relax + 2
- Tell someone what is bothering you + 3
- Listen to fun music + 1
- Think of 2 solutions + 2
- Think of another way to see problems + 3

COMPROMISE

Have you ever heard someone say, “You scratch my back, and I will scratch yours”? This is what it means to compromise. Compromise is when you learn to work with someone to meet in the middle if you have a problem, or at least work out a plan where both of you are happy. Compromise lets 2 or more people get a little bit of what they want. What is interesting about this is that there is no actual winner or loser. No one likes to lose. One of the most important things to understand is that just like you do not like to lose, others do not like to lose, either.

There are some ways to help you develop an attitude of compromise. Look at some of the ways below to help you with this:

Think Win-Win: This means seeking solutions where everyone is successful. This begins with the belief that there is enough success to go around. If there are six donuts that Billy and Warner have to share, how can they both win? By giving up an all or nothing attitude, we can become very creative in how we allow others to feel just as good as we like to feel. It just takes work and care.



Practice Agreeing to Disagree: Sometimes, there is no solution, and we arrive at a stalemate. This is perfectly fine. In life, we are going to have many situations where we just can't agree with someone or some people. These are the moments we can agree to disagree. With respect, we can simply allow the other person to hold on to their point of view while we hold on to ours. If it's a situation where a decision has to be made, we can use some strategies like tossing a coin “rock, paper, scissors.” Both parties just have to accept the outcome of the challenge willingly.

Never Compromise Your Values or Principles: Although compromise makes successful communication and cooperation possible, and it helps to resolve conflict, be sure to emphasize that good compromise should never come at the expense of one's values. Saying ‘yes’ to a situation you know is wrong or dangerous just to make things easier is never okay. When you are compromising your value or principles, you always lose. Has this ever happened to you?

Examples of Compromise

Food

Conflict: Your parents want you to get dressed up and go to a fancy restaurant, but you would be happier hitting a fast-food place.

Compromise #1: You talk it out, together, and you both agree to a fun, cheap place for lunch, but then a fancy place for dinner.

Compromise #2: You both agree to a sit-down place that is nice, but does not require getting dressed up and has a good menu for kids.

Activities

Conflict: Your older sibling wants to spend the day at the beach, but you have your heart set on going for a bike ride.

Compromise #1: You agree to divide the day: biking in the morning, then the beach in the afternoon.

Compromise #2: You split up into two groups. Your sibling hits the beach with some local friends while you go biking with your parents. Even though the family is not together for the whole day, at least you will all be in good moods by dinnertime.

How would you compromise in the following situations?

1. Your favourite movie is showing tonight at 8pm but your brother wants play video game at his regular time slot which is at 8Pm. This is a once in a lifetime opportunity to catch this movie.
2. You are playing floor hockey on your street. You really want to play goalie, but Matt who is your friend needs to get this practice in for a game he has on Saturday where he will be playing goalie.
3. There's only once juice box in the fridge which belongs to your sister. You just came from outside and you are really thirsty. Your sister has been saving this juice box since yesterday and has told everyone not to touch.

BALANCE IN SENSITIVITY

Everybody is different. Some people are naturally more sensitive than others. In the same way, certain people may be less sensitive or to have “thick skin” because of the family they grew up in, or the experiences they have had in their life. When it comes to sensitivity, there are people in all parts of that spectrum. Being sensitive means you feel pain, and sometimes feel it more than the average person. When we are too sensitive, things hurt us much more, and so we react faster and stronger. When we are not sensitive enough, we say things or do things that are hurtful and do not realize it; we cause a lot of damage to others.

When we are too sensitive, others might be uncomfortable with telling jokes or playing with us because they are afraid we will cry, fight back, or react in some way that is more than what the other person can handle. When we are not sensitive enough, people are afraid of us, and they may not want to come close to us because they fear we might hurt them emotionally, and maybe physically.

The ideal place on the sensitivity scale is to be right in the middle. You are sensitive enough that you can feel pain when it is real and concerning, but not so sensitive that you react to every act done to you.

1. Where are you on the sensitivity scale? 1- 10 (10 being over the top sensitive) _____
 2. Do you know other people who are extremely sensitive? Yes No
 3. What behaviors do you see that make the see to sensitive?
 4. How do you enjoy interacting with them? _____
 5. Do you know people who are extremely insensitive? Yes No
 6. What behaviors do you see that make them seem insensitive?
 7. Have you met someone who just enough sensitivity.. not too much and not too little?
 8. What behaviors do you see that makes them balanced in sensitivity
 9. Where do you ideally want to be on the sensitivity scale?
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DEALING WITH CONSEQUENCES

Consequences are part of everyday life. Consequences can either be good or bad. Consequences simply mean there is a strong connection between what we do and what happens. Consequences are the result of us doing something. For instance, if we go playing outside in the snow without a jacket, what is likely to happen? We get sick. It is very important as we manage our anger, we get in the habit of thinking before we act, so consequences do not blindside us. When we learn to anticipate what may happen as a result of us doing something or not doing something, we are more likely to make better choices.

In the following exercises, select only the situations where the person had a direct impact on the consequences

1. Jimmy went to the store and stole a bubblegum. He got caught on camera and police were called.

YES NO

2. Marjorie was crossing the street on a green light, and a car came so close and almost hit her.

YES NO

3. Maneesh studied all night for a test and got an A+

YES NO

4. Jacquie went to gymnastics practice and fell asleep. She didn't get picked for the special team because she was sleeping.

YES NO

5. Jerome was walking down the stairs and tripped on his ankle. Now he can't play basketball.

YES NO

6. Niya ran a cross country race and came in first but was disqualified because she took a short cut and cheated.

YES NO

CONSEQUENCES

What are some of the things you do that you keep getting punished for? Why do you keep doing these things? _____

Have you ever seen a police officer pull someone over for driving too fast? Even adults do things they get punished for. Why do some people do things even though they know there are bad consequences?

There are good consequences and bad consequences. What are some of the good consequences for managing your anger? _____

What are some of the bad consequences for not managing your anger?

SAYING “I’M SORRY”

“ *didn't do anything!*”, *It's not my fault!*”, *“Say you're sorry!”* Does that sound familiar? All kids get into conflict with their friends or family members. That is one of the guarantees in life, but what do we do when we find ourselves in the wrong, or after we have hurt someone we care about. Saying “I'm sorry” can help.

The formal term for sorry is called “apologize.” When you apologize, you are basically saying “I’m sorry for the pain that I caused you.” You may not have meant that behavior or words you've said, but by taking responsibility and by owning any damage that you have done, is the right thing to do. People who are apologizing might also say that they will try to do better. They might promise to fix or replace what was broken or take back a mean thing they said. Sorry, must be sincere, empathic and offer amends – when possible.

How Does It Make You Feel?

When we say sorry for what we have done or said, and we really mean it, it comes from our hearts. If we allow ourselves, we start to feel bad for any pain we have caused someone. We are all part of humans and naturally if someone else is in pain. We feel it as well. You might even feel ashamed for anything you did to contribute to their pain. Having these feelings is normal, but we want to finish feeling it, offer to make it right, and then move beyond it. It is not healthy to keep feeling sorry even after you have tried to make it right, and the other person has accepted your good wishes.

Saying sorry may make you feel better, but it might not make the feeling go away altogether, or right away. If the thoughts come back to you about what you have done, you can use self-talk to let yourself know that everything is okay, that this is normal, and the feelings will soon pass.

When you apologize in a caring way, you can feel good because you are trying to make things right again.

What Does an Apology Sound Like?

There are many ways to apologize. Here are some examples:

- "I'm sorry about the name I called you earlier
- "I'm sorry I hit you
- "I was mad, but I shouldn't have said that I'm sorry."
- "I'm sorry I hurt your feelings."
- "I'm sorry I yelled at you."

- "I'm really sorry I took your item when I was mad. That was wrong. I won't do it anymore."

When you apologize to someone, he or she might apologize back to you: "That is OK, I'm sorry, too. I shouldn't have teased you." And then maybe you can both feel friendly again.

THE MAGIC SORRY

There once was boy named Peter. Peter was a kind little boy. He used nice words; he didn't hit, kick, or spit at other kids. When he was called, he came inside from playing outdoors. This made his mom and dad happy.

Peter had a little brother, Ross. Ross never came in when he was called, he never brushed his teeth, he didn't use nice words and was unkind to others by hitting, kicking and spitting. He lost a lot of friends. This made his mom and dad sad.

One day Ross said to Peter. Why do your friends always do stuff with you? My friends are mean. Ross was not bad, but he had never learned the magic word "**sorry**".

Peter explained to Ross that he *WASN'T* perfect, and that he made mistakes, too, but he always used the '**MAGIC SORRY**'.

Ross said, "well, I say '**sorry**', but I still have no friends, so maybe your **magic sorry** works differently than mine".

"I don't think so, Ross" Peter said, "but *MAYBE* the difference is that I *try really, really, really, really, really* hard that when I say **SORRY** for something that I've done - something that isn't right, I try to not do it again. My friends, teachers, mom, dad, and even Uncle Jim, all remind me that I've done something wrong and ask me to say **sorry**, or hint for me to say **sorry**. Do you know what that means, Ross?" asked Peter.

"Ya, it means I say '**sorry**', and then I walk away. It's over. See '**sorry**' isn't magic. It doesn't fix anything!" Ross was now starting to feel very frustrated and crossed his arms in front of his chest.

"Hmmm...well, using the '**magic sorry**' is a little different, Ross. It means that when you say **sorry** you have to *TRY really, really, really, really, really, REALLY*, hard to *not* do it again. You say sorry, and you have to feel inside your heart that what you did was wrong, and tell yourself that you **CAN'T** do it again. Then it transforms into the '**magic sorry**,'" said Peter. Ross uncrossed his arms and a he gave his brother a thoughtful look.

Peter continued, "Everyone is **happy** when I follow the rules. I get rewards, I get lots of hugs, and I feel **GREAT** inside!" Now Peter was beaming, and Ross smiled, too.

"So, **magic sorry** is different because it's not just words, but a feeling, too?" Ross asked.

“Right, Ross. You see, that’s what helps me to change, and why I have lots of friends. I’m not perfect, and I do make mistakes, but I try to change how I act after I say ‘**SORRY**’. It is a *magic* word, but only if you treat it that way” said Peter.

Ross looked hopeful.

Peter said, “Making mistakes are okay, Ross, but saying *sorry* over and over again isn’t, so we have to use the **MAGIC SORRY.**”

“Let’s practice, Ross, I love you. You’ll get this. I promise,” and Ross and Peter walked away together to play ball outside.

TAKING RESPONSIBILITY FOR YOUR FEELINGS.

Your feelings are your problems. Yes, we want and desire other people to be well behaved and be sensitive to our needs and limitations, but ultimately, we are responsible for how we respond when we are unhappy with situations or people. Taking responsibility means, we can't act badly because we feel bad and blame the person or situation for causing us to act that way.

We are responsible for 3 things in Anger Management; an acronym called "REK."

- 1) **R**ecognizing and respecting how we feel

- 2) **E**xpressing how we feel respectfully when possible or problem solving through another route

- 3) **K**eeping our behaviors in control.

When we have followed this protocol "REK," we have done our part, and that is all that is required. When other people act badly in spite of our REK, it is not our problem. It is not our job to try to fix people or deny ourselves, so other people feel good. When we express our feelings to others, they are challenged to respond, and that is a good thing.

Use the following form to write down your most common feelings you have with those closest to you and be prepared to express it if an opportunity presents itself.

Mom, I feel _____ when you
_____, I need you to

Dad, I feel _____ when you
_____, I need you to

Friend, I feel _____ when you
_____, I need you to

Sister or brother I feel _____ when you
_____, I need you to

Other, I feel _____ when you
_____, I need you to



STOP THE BLAME GAME

Blaming can be a habit we develop when we don't want to take responsibility for the part we played in a problem. Maybe we fear consequences or we don't want to feel bad.

However blaming other people keeps us weak and gives all the power to the other person. If they don't change, then we are stuck in the situation.

Blaming others and failing to see ourselves in the problem never helps anyone.

However, everyone blames. It's like a 9 headed dragon that lives inside every one of us.

In the space below, I want you to fill in some times when you blamed someone for your actions in the spaces above the dragon and then draw lines and a lock in the cage to keep this dragon buried for life.

This means, from now you, this dragon is dead and your make a personal promise to not blame people for your part anymore.

Four green rounded rectangular boxes for writing.



LEARNING TO FORGIVE

Forgiveness is not a word we hear every day, and when we do hear it, it's mostly used without the real meaning. Forgiveness is one of those words that truly change lives. Once you understand forgiveness clearly and use it faithfully, it is sure to make you a happier person overall. To have a deep understanding of forgiveness, let's first talk about what it is not.

FORGIVENESS IS NOT

1. Forgetting - Pretending that something never happened, denying or failing to acknowledge that someone has hurt you
2. Saying it's Okay - To accept wrongful or hurtful behavior, or to encourage such behavior
3. Excusing - Overlooking hurtful behavior by dismissing the behavior and the hurt you feel
4. Letting them off the hook - Letting someone off the hook for the consequences of his or her actions
5. Becoming friends again - Choosing to be in a relationship with the person who has hurt you

What is Forgiveness?

Forgiveness is a process that happens between you and someone or some people. You do it because you want to and not because someone forces you to. You forgive people that have truly hurt you to your core. Finally, it's a gift you give to yourself because you don't want to be swallowed with hating the person who has hurt you.

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Forgiveness says, "I am not going to punish you for how you hurt me in the past, and I accept that nothing I do to punish you will make me feel better. From now, I am going to free up myself of all the energy I have been using to hate you and use it for something more useful."

Why should I forgive?

1. It makes you feel angry all the time
2. You can't have real close friends and relationships
3. It sabotages every part of your life.

4. It causes you to feel sick and stress in your body

OBJECTIONS ABOUT FORGIVENESS

- The other person does not deserve forgiveness
- I need to get even first
- Anger makes me feel powerful; I do not want to give it up
- I refuse to forgive and forget
- If I forgive them, they will think what they did was not serious, and they could feel comfortable doing it again.

STEPS TO FORGIVENESS

Forgiving from your head

The first step in deciding to forgive is to make up your mind that you want to forgive. This can be difficult, especially when we are waiting to feel like forgiving. The truth is that we will never feel like forgiving. It is a decision that we make because life will never get better if we don't. When we forgive by simply making up our minds, it's called "COGNITIVE FORGIVENESS." It is a DECISION to consider the process of forgiveness. This is very difficult because logically we feel we have the right to keep hating.

Forgiving from your heart

The second step is an emotional process. Once we make up our minds to forgive, we give our heart permission to bring up all the stuff we have been holding on to. We start to remember the painful things the person did to us, and it's extremely painful. Emotional forgiveness requires us to feel and confront grief, disappointment, suffering, and all the difficult emotions we have denied ourselves since the person hurt us. This is a process and may take months or even years. Be patient with yourself as the memories surface. Tackle them one day at a time, and do not be afraid to ask for help.

Considering the following points may help you with your decision.

Looking at the Big Picture

In spite of the pain you have suffered at the hands of this person, what have you come to understand about yourself? Are you stronger as a result of overcoming this pain, or are you transferring that pain to others in your life? Ultimately, what is life asking you to do with this pain? How is it helping you to continue to resent this person? Is it helping your life or is it hurting your life?

Compassion

When we can start to feel empathy for the person and understand that he or she has experienced some form of pain, and possibly trapped in that pain, we may start to feel sorry for them rather than resent or hate them. We may even become willing to share the pain in his or her life. This is compassion. Compassion comes from the heart. When you have compassion, you see the other person in a loving, understanding way versus a condemning way. You see him or her as a human being. Are all human beings not worthy of respect? If you can reach this point, you may be willing to consider forgiving them from your heart (i.e. 'emotional forgiveness').

Acceptance of Past History

The following is a declaration that can help you begin this journey of emotional forgiveness

For whatever reason, you were unwilling or unable to meet my expectations.

I have had enough of being uncomfortable.

I can see how events unhealed between us may keep coming up in my relationships with you or others until I have healed my reactions to them.

I am choosing to be free.

I now will heal the effects of these incidents.

I am choosing to be free of the pain that I let it cause me.

I now accept that what happened was different from the way I would have chosen.



I promise from now on, to be mindful when I get angry. My anger is useful to achieve great things in life, compete in sports and to go after my dreams. My anger was not made to hurt people and make them feel bad.

From now on, I will respect my anger and recognize when others are angry with me, I need to be sensitive to their needs.

Name

Date

Every Child should read this aloud and shake their counsellor's hand to seal the promise.

