

Coping with Anger

LifeSkills Training



Unit Goals and Objectives

In this unit, students will

- Define anger
- Review the physical symptoms of anger
- Discuss common situations that produce anger
- Discuss reasons for keeping anger under control
- Review and practice techniques for controlling anger

Definition of Anger

Anger is a strong feeling of displeasure with someone or something, combined with an urge to fight back.



Anger is Normal

- Anger is a normal emotion, and by itself it's neither good nor bad.
- It's a natural reaction to being threatened or under attack.
- Expressing anger may sometimes be healthy, but losing control is not.



Physical Changes

- Like anxiety, anger produces physical changes, such as increased heart rate, tight muscles, and a rush of blood to the head.



Anger-Producing Situations

- Being teased
- Being insulted
- Jealousy
- Insults to friends or family
- Being talked about in person or online
- Receiving a mean text message
- Being stood-up
- Having possessions taken or broken

Warning Light Technique

- Picture a light inside your head. Imagine that it flashes a warning when you need to stop and think before speaking or acting.
- Remember to check your light whenever you are in a situation that is making you angry.



Counting to Ten (or Higher) Technique

- Take a deep breath and start counting slowly to yourself.
- Keep listening to the other person as you count. Don't provoke him or her by revealing what you are doing.
- Look the other person in the eye.



Self-Statements Technique

Sometimes just telling yourself not to get angry can help you keep calm. Here are some examples of effective self-statements:

- This is not worth fighting about.
- I can resolve this without fighting.
- I can handle this.
- I can stay calm.
- I can control my reactions.

Re-Framing Technique

Imagine a picture of the situation that's making you angry. Then, reframe it – that is, come up with a different way of looking at it. Ask yourself questions like these:

- Is this worth getting angry about?
- Am I sure this person is really out to hurt or insult me?
- Is there another way to get what I want?