



Corbin & Associates, Inc.
Lesson Plan of the Month
(March 2004)

Topic: Controlling Anger
Target Group: High School
Prepared By: Mark Sullivan
Agency: Harrisburg
Address: N/A
Phone: N/A

Objectives:

Anger Management Goals:

- To understand what causes anger
- To understand what anger is
- Types emotions displayed
- Conflict resolution
- How to take control of anger/aggression
- Where to turn for help

Introduction:

- o Deputy Mark Sullivan
- o School Resource Officer
- o Harrisburg R-VIII

Body:

- I. What Causes Anger
 - A. Stress
 - a) At home
 - b) At school
 - c) At your job
 - B. Relationships
 - a) With family
 - b) With boyfriend/girlfriend
 - c) With friends

II. What is Anger??

Anger is a completely normal, healthy human emotion. When it gets out of control and turns destructive, it can lead to various problems. Quality of life at work, home and school become effective.

A. The nature of anger

1. Levels of intensity
 - a) Mild irritation
 - b) Fury
 - c) Rage
2. Anger can be caused by:
 - a) External events
 - b) Internal events
3. Memories or traumatic events

III. Expressing Anger

A. Natural way is to respond aggressively.

1. Inspires powerful feelings and behaviors
2. Allows us to fight and defend ourselves when attacked

B. Certain amount needed for survival

C. Can't "lash out" at every person.

1. What sets our limits
 - a) Laws
 - b) Society norms
 - c) Common sense

IV. Conflict Resolution

An interpersonal conflict happens when an action by one person prevents or interferes with the actions of another person.

Three response styles...

A. Assertiveness:

1. Standing for one's rights
2. Expressing one's thoughts and feelings
3. To be direct and honest
4. Not to violate another person's rights
5. Considerate of others
6. Assertion involves respect for yourself and the other person

It involves you making the choice of what to say or not to say.
Assertiveness promotes equality in relationships.

B. Aggressiveness

1. The way you stand for your rights, which violates the other person.
2. Domination is the goal
3. Tactics include:
 - a) Humiliation
 - b) Accusing
 - c) Threatening
 - d) Bullying
4. Aggressive people may get what they want, but at the expense of the relationship.

C. Passivity:

1. Letting others push you around
2. Not standing for your rights
3. Letting someone choose for you
4. Violates your own rights by not being honest with yourself
5. Passive behavior conveys the message, I am not respecting my own needs. I don't count, My thoughts and feelings don't matter.

V. How to Control Anger

A. Relaxation

1. Breathe deeply
2. Slowly repeat calm words or phrases (“relax” – “take it easy”)
3. Use imagery
 - a) Visualize a relaxing experience from past memory

B. Cognitive Restructuring:

1. To change the way you think
2. Angry people tend to curse
3. Become less dramatic
4. Replace thoughts with more rational ones
5. Getting angry won't fix anything

C. Problem Solving:

1. Not every problem has a solution
2. Make a plan
3. Resolve to give the problem your best try
4. Approach the problem with your best intentions
5. Face it head-on
6. Loss of patience will be less likely

D. Better Communication:

In a heated discussion:

- a) slow down and think what you need to say
- b) listen carefully to the other person
- c) take time (pause) before responding

Listen to what is underlying the anger.

Don't fight back when criticized.

E. Change the Environment

1. Some problems can make us feel trapped
2. Give yourself a break (personal time)
3. Avoidance
4. Find alternatives

How can I assess my level of anger??

F. Check Reality

1. In life, things don't always go my way
2. This is inconvenient, but I can live with it
3. I would prefer a hassle-free life, but that's not always the case
4. Where is it written that everything has to be easy?

G. Deal with your Feelings

(Do's and Don'ts)

1. Do talk calmly and openly with others
2. Do forgive yourself when you make a mistake
3. Do work through your feelings by writing notes or journal
4. Don't attack others
5. Don't attack yourself
6. Don't deny your feelings

VI. Other Principles of conflict management

- A) Deal with one problem at a time
- B) Focus on issues in the present, not the past
- C) Be clear in complaints and request for change
- D) Suggest some solutions
- E) Be reasonable in your statements
- F) Choose an appropriate time and place to be open about needs
- G) Don't yell, whine, preach or lecture
- H) Listen, listen, listen...

VII. What other types of emotions are displayed??

- A) Verbal abuse
- B) Physical abuse
- C) Violence towards peers
- D) Violence towards property
- E) Aggressive driving

VIII. Who can we turn to for help??

A) Parents

Always try to talk openly to parents first.

B) Counselors

C) Clergy

Review:

- Is anger a normal part of life?
- Is the “natural” way to express anger by responding aggressively?
- Can anger be suppressed or redirected?
- Name some way how one can control anger.
- Who can you turn to for help?

Sources:

- Self personal, based on training and experience as an 8 year law enforcement officer.
- 2003 American Psychological Association. (Internet based research)
- Common ground youth violence prevention programs. Bureau of Alcohol and Drug Abuse, Freeway Medical Center, Little Rock, AR
- Safe and Responsive Schools Project Indiana University and the University of Nebraska based on grant study from the U.S. Dept of Special Education (Internet based research)

Corbin & Associates, Inc.
National Training Corporation
3752 Half Moon Drive
Orlando, FL 32812
Phone # (407) 851-5058
Fax # (407) 855-8962
E-Mail: sroinfo@aol.com
Web Site: <http://www.srotraining.com>