

Anger Management

THE CHALLENGE IS TO COMMIT TO CHANNELING ONE'S ANGER THROUGH THE MEANS OF POSITIVE COMMUNICATION AND ALTERNATIVE BEHAVIOR.

- A. This means that one chooses not to initiate verbal or physical aggression regardless of the provocation or perception of the situation.
- B. This commitment is absolute and cannot be compromised.
- C. This does not mean that one can't protect oneself against physical aggression. It does mean that one can't initiate the contact.
- D. This does mean that one chooses not to respond to verbal aggression in kind.

OUR PERCEPTION OF SITUATIONS, PERSONS, AND EVENTS DETERMINES OUR DEGREE OF ANGER.

- A. How we filter our experience determines our response.
 - 1. Ex.: Dad comes home and doesn't seem interested in how my day went.
 - a. Closed Filter #1. "He doesn't care about me."
 - 1. Feeling: Frustration/Resentment
 - b. Open Filter #2. "He must have had a hard day. He needs some time to himself. I'll try again when he's more relaxed."
 - 1. Feeling: Patience/Non-judgment.

OUR MOODS AFFECT THE FUNCTION OF OUR MIND TO EVALUATE SOCIAL SITUATIONS AND TO REGULATE BEHAVIOR.

- A. What we perceive to be happening may be inaccurate.
- B. Therefore, what we believe may not be true.
- C. As a result we tend to over react to provocation.

THE MORE UPSET WE BECOME THE MORE RIGID WE BECOME AND AS A RESULT WE LOSE OUR ABILITY TO COMMUNICATE.

- A. Being upset limits our ability to see the other person's point of view.
- B. Therefore we are unable to be open to making a reasonable compromise.

THIS MAKES US ANGRY

- A. Being blocked, frustrated, abused, ignored or neglected.
- B. Fear
- C. Being treated unfairly, loss of choice, loss of power.
- D. Being misunderstood, not being listened to, not having a chance.
- E. Too much stress, exhaustion, circumstances.

THESE ARE THE POSITIVE CONSEQUENCES OF ANGER

- A. Strength
- B. Determination
- C. Motivation
- D. Gets needed attention
- E. Empowerment

THESE ARE THE NEGATIVE CONSEQUENCES OF ANGER

- A. Others react negatively to anger.
- B. Frequently increases frustration.
- C. Dehumanizes self and others.
- D. Can become obsessed with hate.
- E. Compulsive and impulsive behavior, temper tantrums.
- F. Can cause physical problems: upset stomach, sleeplessness, and loss of energy.
- G. Can cause psychological problems: depression, oppositional behavior, fear and panic.

LESSONS OF CONTROL, INSIGHT, AND ALTERNATIVE BEHAVIOR

IF ONE IS IN THERAPY ONE SEEKS TO KNOW ONESELF & THEIR SITUATION

- A. What is my State of Mind?
- B. What does this mean?
- C. How did I develop this problem?
- D. How do I behave?
- E. What can I do to moderate my symptoms?
- F. What are my strengths that I can use to help my situation?
- G. Who can I depend upon to assist me and be on my support team?
- H. What if any are my medications and what is the anticipated benefit to helping me?
- I. What are the side affects that I need to be aware of?
- J. What is the purpose of therapy?
- K. How will it help me?

What kind of work (implementation of interventions) am I supposed to do to help myself?

THESE ARE STRATEGIES TO DEESCALATE

- A. Remembering one's commitment. (I will not become aggressive regardless of situation.)
- B. Walk away internally and externally if possible.
- C. Relax and take a series of deep breaths to clear the emotional feelings.
- D. Say clearly to yourself, " I am choosing the outcome and I will act in such a way to bring that outcome into being."
- E. List the possible Outcomes and choose one that fits one's commitment to channel the anger in a positive way and to act in an alternative manner.

THESE ARE THE SKILLS NECESSARY TO ACT UPON ONE'S CHOICE

- A. Remembering one's commitment.
- B. The ability to anticipate situations that are stressful.
- C. To be able to identify and label one's feelings.
- D. To be able to know what triggers one to react in a negative manner.
- E. To be able to have a predetermined plan to use when facing negative emotional situations.
- F. The use of positive communication skills.

- G. The ability to access positive adult support to assist in the reduction of tension.
- H. The use of positive self-talk.
- I. The use of alternative self-soothing activity such as sports and music.

THIS IS THE NECESSARY RESPONSE TO A LOSS OF CONTROL

- A. Identifying one's contribution to the problem.
 - 1. Inability to remember the commitment.
 - 2. Not being able to anticipate the outcome of the growing tension
 - 3. Not being able to access adult support.
 - 4. Being in an overwhelming circumstance or situation.
- B. Taking responsibility for one's behavior.
- C. Being willing to apologize when an error in judgment is made.
- D. Debrief: Talking about the situation in light of:
 - 1. One's history that led to such a sensitivity. (Vulnerability, Anxiety, Fear)
 - 2. To understand the antecedents (history) of the situation. (Failure of others to listen and the need to escalate to "make" people "hear.")
 - 3. List the trigger. (Feeling treated unfairly, closure of space, loss of power.)

MAKE THE NECESSARY ADJUSTMENT TO ONE'S SELF-CONTROL STRATEGY

- A. Improve the Action Plan
- B. Upgrade one's skills
- C. Set up a better alert system to a pending crisis.
- D. Be willing to engage support at the beginning of a problem.