

# DEALING WITH ANGER

## WHY DO WE GET ANGRY?



### IT IS OK to feel angry.

Anger is a normal human emotion. It is a natural response to feeling attached, deceived, frustrated or treated unfairly.

### IT IS NOT OK to hurt ourselves, others, or property when we feel angry.

We learn how to cope with angry feelings by watching and listening to others around us. We may have learned to think it is OK to act aggressively or violently when feeling angry, or we may have learned to bury our anger inside. These are negative ways of dealing with anger and can lead you into trouble with your family, friends, school and eventually the police and courts. **It's never too late to learn new positive ways of dealing with anger.**

## RECOGNISING ANGER

Learn what your triggers are so you can recognise them and be ready to handle them.

Name three things that make you angry and why they make you angry.

WHAT MAKES  
YOU ANGRY



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WHY DOES IT  
MAKE YOU ANGRY



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## SYMPTOMS OF ANGER

Anger releases chemicals in your brain, which then cause changes in your body that you can feel. It is normal to experience any of the symptoms below. Write a number from 0 to 5 in the boxes next to each symptom to show what happens to you when you feel angry and how intense it feels.

**0 = not at all, 1 = a little bit, 2 = sometimes, 3 = most times, 4 = every time, 5 = intense**



### PHYSICAL SYMPTOMS

☐

Fast heartbeat

☐

Clenched jaw

☐

Upset stomach

☐

Tense muscles

☐

Fast breathing

☐

Clenched fists

☐

Scowling

☐

Tight chest

☐

Sweating

☐

Headache

☐

Shaking

☐

Red face

### MENTAL SYMPTOMS

☐

Problems concentrating

☐

Confusion

☐

Feeling irritated

☐

Memory problems

☐

Thoughts of hurting others

☐

Thoughts of hurting yourself

# SYMPTOMS OF ANGER

WHAT HAPPENS

TO YOU WHEN YOU FEEL ANGRY?



## ANGRY ENERGY

### What is angry energy?

Because of the chemicals released in our brain, the symptoms we feel give us angry energy that we need to get out.

**Sometimes it can feel like you are about to explode!**

## WHAT DO YOU DO WHEN YOU FEEL ANGRY?

Throughout our lives we learn ways to deal with anger and after a while these reactions become automatic. Some of these ways are bad for us and other people around us; they are negative automatic reactions. Put a cross in any of the boxes that you feel are your automatic ways of dealing with anger. You can also write in the blank boxes to add your own.

### OUTWARD AGGRESSION

- |                                   |                                   |                                         |                                            |                                               |
|-----------------------------------|-----------------------------------|-----------------------------------------|--------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Shouting | <input type="checkbox"/> Swearing | <input type="checkbox"/> Slamming doors | <input type="checkbox"/> Damaging property | <input type="checkbox"/> Hurting other people |
| <input type="text"/>              |                                   |                                         |                                            |                                               |

### INWARD AGGRESSION

- |                                    |                                                |                                                     |                                                  |                                                   |
|------------------------------------|------------------------------------------------|-----------------------------------------------------|--------------------------------------------------|---------------------------------------------------|
| <input type="checkbox"/> Self harm | <input type="checkbox"/> Denying yourself food | <input type="checkbox"/> Denying yourself happiness | <input type="checkbox"/> Withdrawing from others | <input type="checkbox"/> Saying you hate yourself |
| <input type="text"/>               |                                                |                                                     |                                                  |                                                   |

### PASSIVE AGGRESSION

- |                                     |                                          |                                          |                                               |                                                      |
|-------------------------------------|------------------------------------------|------------------------------------------|-----------------------------------------------|------------------------------------------------------|
| <input type="checkbox"/> Being sulk | <input type="checkbox"/> Ignoring people | <input type="checkbox"/> Being sarcastic | <input type="checkbox"/> Refusing to do tasks | <input type="checkbox"/> Refusing to speak to people |
| <input type="text"/>                |                                          |                                          |                                               |                                                      |

## WHAT ARE THE CONSEQUENCES TO YOUR REACTIONS?

Think of the last time you had a negative reaction to feeling angry and write down the following:

**How did you feel afterwards?**

**How did it affect other people?**

**What were the consequences?**

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# HOW TO DEAL WITH ANGER

## IN A POSITIVE WAY



To be more in control of your anger and not let it be in control of you... follow the steps:

### 1 LEARN YOUR TRIGGERS

Be aware of what makes you angry and prepare yourself to cope with challenging situations.

### 2 RECOGNISE YOUR SYMPTOMS

Know what your anger feels like so you can recognise it when it's happening.

### 3 GIVE YOURSELF TIME TO THINK

Count to 10, walk away or talk to a friend so you can decide how to react with a clear head.

### 4 TRY TO CALM DOWN

Take 10 deep slow breaths. In through your nose and out through your mouth.

Focus on each part of your body in turn to tense and then relax your muscles.

### 5 RELEASE ANGRY ENERGY SAFELY

Exercise can release the angry energy in a safe way and also makes you feel good about yourself.

**Go for a walk, a run or take up a sport or an active hobby.**

### 6 BE UNDERSTANDING

If you have lots of stuff going on in your life that is hard to handle, be understanding with yourself and seek help from someone you feel safe telling.

Finally give yourself praise for being strong enough to control your emotions.

## NOW LETS HEAR FROM YOU

Name \_\_\_\_\_

Date \_\_\_\_\_

How did you find this session?

☐ Good

☐ Alright

☐ Bad

Did you learn...

☐ Something useful

☐ A little

☐ Nothing

