

HOW TO MANAGE ANGER

I. INTERACTIVE LECTURE

II. DISCUSSION QUESTIONS

III. RESPONDING TO QUOTES

IV. VIDEO AND FOLLOW-UP QUESTIONS

V. SUMMARY AND TAKEAWAYS

I. INTERACTIVE LECTURE.

- There are effective strategies that can help you manage anger.
- What matters is that you don't only need to KNOW what to do but PRACTISE what you know.

1. Recognize the Signs:

- Learn to recognize the physical and emotional signs of anger, such as a racing heart, clenched fists, or feeling hot-headed.
- Understanding your body's reactions can help you address anger before it escalates.

2. Take Deep Breaths:

- When you feel anger rising, take slow, deep breaths to calm yourself down. Inhale deeply through your nose, hold your breath for a few seconds, and then exhale slowly through your mouth.
- Repeat this process several times until you feel calmer.

3. Count to Ten:

- If you feel yourself getting angry, try counting to ten before reacting.
- This can give you a moment to pause and think before saying or doing something you might regret.

4. Use “I” Statements:

- When expressing your feelings to others, use “I” statements to communicate assertively without blaming or accusing.
- For example, instead of saying “You always make me mad”, try saying “I feel frustrated when...”.

5. Find Healthy Outlets:

- Find healthy ways to release pent-up anger, such as physical exercise, journaling, drawing, or listening to music.
- Engaging in activities you enjoy can help distract you from angry thoughts and emotions.

6. Communicate:

- Talk to someone you trust about what's making you angry.
- Whether it's a friend, family member, or counselor, expressing your feelings can help you feel heard and understood.

7. Practice Problem-Solving:

- Instead of reacting impulsively when you're angry, try to identify the source of your anger and brainstorm possible solutions.
- This can help you address the underlying issues in a constructive way.

II. DISCUSSION QUESTIONS

RECOGNIZING TRIGGERS:

- What are some situations or events that tend to make you feel angry?
- How can identifying these triggers help you manage your anger more effectively?

PHYSICAL SIGNS OF ANGER:

- What physical signs do you experience when you're angry?
- How can paying attention to these signs help you control your anger?

COPING MECHANISMS:

- What are some healthy ways you can cope with anger when you feel it building up?
- Can you share a time when you successfully used a coping mechanism to manage your anger?

TAKING A TIME-OUT:

- Do you find it helpful to take a break or time-out when you're feeling angry?
- How can stepping away from a situation for a few minutes help you calm down?

EXPRESSING EMOTIONS:

- How comfortable are you with expressing your anger to others?
- What are some ways you can communicate your feelings assertively without becoming aggressive?

PROBLEM-SOLVING STRATEGIES:

- When you're angry about something, what are some steps you can take to address the underlying issue?
- Can you think of a time when you successfully solved a problem that was making you angry?

SEEKING SUPPORT:

- Who are some people you feel comfortable talking to when you're feeling angry?
- How can talking to someone you trust help you gain perspective on your anger?

REFLECTING ON CONSEQUENCES:

- What are some potential consequences of letting your anger control your actions?
- How can thinking about these consequences help you make better choices when you're angry?

LEARNING FROM MISTAKES:

- Can you think of a time when you reacted impulsively in anger and later regretted it?
- What did you learn from that experience, and how can you apply it to future situations?

SETTING BOUNDARIES:

- How can setting boundaries with others help you prevent situations that trigger your anger?
- Can you think of some boundaries you'd like to set for yourself to protect your emotional well-being?

III. RESPONDING TO QUOTES

- “When anger rises, think of the consequences”. – Confucius
- “Speak when you are angry, and you will make the best speech you will ever regret”. – Ambrose Bierce
- “Holding onto anger is like drinking poison and expecting the other person to die”. – Buddha
- “Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured”. – Mark Twain
- “In moments of anger, count to ten before you speak; in moments of extreme anger, count to a hundred”. – Thomas Jefferson

- “The best fighter is never angry”. – Lao Tzu
- “Anger doesn’t solve anything. It builds nothing but can destroy everything”. – Lawrence Douglas Wilder
- “When you feel anger beginning to rise, ask yourself: Will this matter a year from now? If not, let it go”. – Catherine Pulsifer
- “You will not be punished for your anger; you will be punished by your anger”. – Buddha
- “For every minute you remain angry, you give up sixty seconds of peace of mind”. – Ralph Waldo Emerson

IV. VIDEO AND FOLLOW-UP QUESTIONS

- Watch these videos and write down what you think is important.
- **Anger Management Techniques**
https://www.youtube.com/watch?v=BsVq5R_F6RA
- **How to Control your Anger (8 Anger Management Tips)**
<https://www.youtube.com/watch?v=kmTEyxWg7Hs>

V. SUMMARY AND TAKEAWAYS

- Remember, there are specific techniques that can help you manage anger.
- Different strategies work for different individuals.
- If anger is a serious issue in your life, it's important for you to practice techniques that really help you manage it.