Objectives (Slide 2)

- Define anger and describe its triggers
- Explain the Anger Episode Model
- Recognize three anger management skills and apply those skills to personal situations

Facts About Anger (Slide 3)

- Anger is a normal emotion that varies in intensity from mild irritation to intense fury and rage. It usually arises in response to a mismatch between what we want to happen and what actually happens and tends to motivate us to take action
- The average American becomes angry two to three times a week and the number could be higher if you consider the times you feel annoyed
- Anger can be both helpful and problematic
- Anger can lead to actions that damage relationships and lives
- In assessing if anger is a problem, first ask yourself if you find it to be excessive
- Consider the frequency, intensity, and duration of your anger
- Stop and think if you get yourself in trouble or regret your actions
- An individual may not be distressed by their own anger, but others may be

Personal Triggers (Slide 4)

- Anger triggers include:
  - Frustrations
  - Daily hassles and stressors
  - How one evaluates a situation
  - Expectations
- **Exercise 1**: Personal Triggers

Scenario: Mike and Jen (Slide 5)

- **Handout 1**: Problem-Solving Worksheet *Mike & Jen Scenario*

An Anger Trigger (Slide 6)

- The Anger Episode Model is a tool that can be used to look at the process of anger
  - It all starts with an anger trigger; this is what the stage for anger
  - An anger trigger can be anything
- Based on the Handout 1 scenario, what do you think Mike's trigger was?

Appraisal (Slide 7)

- Appraisal refers to how you think about a trigger
- Based on the Handout 1 scenario, what was Mike's appraisal of Jen saying that she would take Jacob to little league?

Experience (Slide 8)

- The anger experience refers to what your anger feels like to you – the physical, emotional, and mental aspects of being angry
  - It has to do with the strength of your anger, the length of time it lasts, and the anger-produced thoughts and physical symptoms

Expression (Slide 9)

- Anger expression is the action that you take when you feel angry
- Only 10% of anger episodes actually involve aggression
- Based on the Handout 1 scenario, what were Mike's anger expressions?

Outcomes (Slide 10)

- Outcomes are what happens as a result of your anger expression
- Outcomes can be positive or negative in the short term or long term

Avoidance and Escape (Slide 12)

- Avoidance and escape entail the prevention of anger episodes
- In order to use such skills, you need to know your triggers, think about when and where you may face them, and prevent those situations
- Escape requires that you take some time, tune to yourself, and become aware of situations that are stressful and may make you angry
- If you feel that you are getting angry, communicate this and ask to address the situation later after you have had a chance to calm down
- Take a time out
  - Use it to do something calming or distracting
  - Collect your thoughts and decide how to best deal with the situation once you re-enter it
  - Re-engage and address the situation

Problem-Solving and Cognitive Restructuring (Slide 13)

- Cognitive restructuring means changing the way you think
- Avoid absolute language like *always* or *never* when you describe your feelings
- Restructure your thoughts and remind yourself that staying angry will not solve the problem
- When problem solving, start by defining the problem
  - Talk about specific behaviors in specific situations
- **Exercise 2**: Problem-Solving Strategies
- **Handout 1**: Problem-Solving Worksheet *step 1*
- Once you have identified the problem, decide what result you want
- **Handout 1**: Problem-Solving Worksheet *step 2*

Solutions (Slide 14)

- ☐ Think of as many possible solutions as you can
- ☐ **Handout 1**: Problem-Solving Worksheet *step 3*
- ☐ For each possible solution, consider the following:
  - ☐ The pros and cons
  - ☐ The degree to which each solution solves the problem
  - ☐ The effort required
  - ☐ The emotional, social, and physical effects on you and on those you care
- ☐ **Handout 1**: Problem-Solving Worksheet *step 4*
- ☐ Remember that some problems will not have an easy solution
- ☐ Do not be hard on yourself if you cannot come up with a solution immediately

Assertiveness (Slide 15)

- ☐ Assertiveness entails communicating your feelings, thoughts, and desires in an honest and appropriate manner while respecting the rights of yourself and the other person
- ☐ Aggressive communication often includes threats, put-downs, and other coercive language
- ☐ Keeping quiet about what you are thinking and feeling is called ineffective or non-assertive communication
- ☐ The benefits of speaking assertively

Building an Assertive Statement (Slide 16)

- ☐ When entering a situation in which you intend to speak assertively, a good way to indicate your respect for the other person is to ask for permission to speak
  - ☐ Increases his or her receptiveness to you
  - ☐ Ensures the other person is paying attention
  - ☐ Indicates that you care and want to discuss the situation-not just state your perspective
- ☐ “I-messages” are one method of assertiveness used to express what you want to say
- ☐ The Verbal Response Model allows you to construct an assertive statement by focusing on three things: an empathy statement, a conflict statement, and an action statement
  - ☐ The empathy statement enables you to take the perspective of the other person
  - ☐ The conflict statement allows you to communicate the reason you feel conflict
  - ☐ The action statement lets you ask for what you want
- ☐ When you have finished speaking, others will likely want to say something; respect their rights and listen to what they want to say

Review of Objectives (Slide 17)

- ☐ What is anger?
- ☐ What happens in the Anger Episode Model?
- ☐ Can you name one out of the three specific anger management skills and tell me how you might apply that skills?