

Anger Incident



Think about one time when you were in a situation that involved anger. This could be a time when you were personally angry or were with a person who was angry. Describe this situation to your partner and include the following details. Use this guide to make notes about your story.

Who was involved in the situation?

Who was angry?

Why was this person angry?

Was the anger out of control or in control?

How could the situation have been handled differently?

Your Anger Can Work for You

- **Get control:**

Practice relaxation techniques.

Ask yourself, "Is it worth talking to the other person?"

If not, write a letter about what you want to say then tear it up.

- **Set up a meeting:**

After you are calm, decide if you still want to talk to the person.

Talk or text them to set up a good time and place to meet.

- **Talk with the other person:**

Use I statements and talk about what happened and what you feel. Do not blame and talk about what they did to you. Better to talk in person, texting or emailing would be too impersonal.



- **Use effective communication skills:**

Use the following skills: eye contact, open body posture, appropriate facial expressions and a calm voice.



- **Clearly state what you want:**

Tell the other person what you want from them now and in the future. a) "I would like you to get a new shirt for me and not take my shirts in the future." b) "I want you to ask before you ever take my bike again."

Staying in Control

Log Sheet

Over the next five days, notice each time you feel angry. On this log write what made you angry and what you did.

Day 1: Something that made me angry was: _____

When it happened, I: _____

Day 2: Something that made me angry was: _____

When it happened, I: _____

Day 3: Something that made me angry was: _____

When it happened, I: _____

Day 4: Something that made me angry was: _____

When it happened, I: _____

Day 5: Something that made me angry was: _____

When it happened, I: _____
