

# STAYING COOL...WHEN YOU'RE STEAMING MAD



**RAYCHELLE CASSADA LOHMANN**

# AGENDA

- The Cycle of Anger Management
- Step One - Exploring
- Step Two – Understanding
- Step Three - Communicating
- Step Four – Identifying
- Step Five – Thinking
- Step Six – Releasing/Accepting
- Step Seven - Transforming
- Publications
- Closure



# Angry Teens

The [Ethics of American Youth Survey](#), by the Josephson Institute of [Ethics](#), indicates that many teens are using physical aggression to express their anger.



# Angry Teens

The survey questioned 43,321 teens ages 15 to 18. The findings revealed that in the past 12 months:

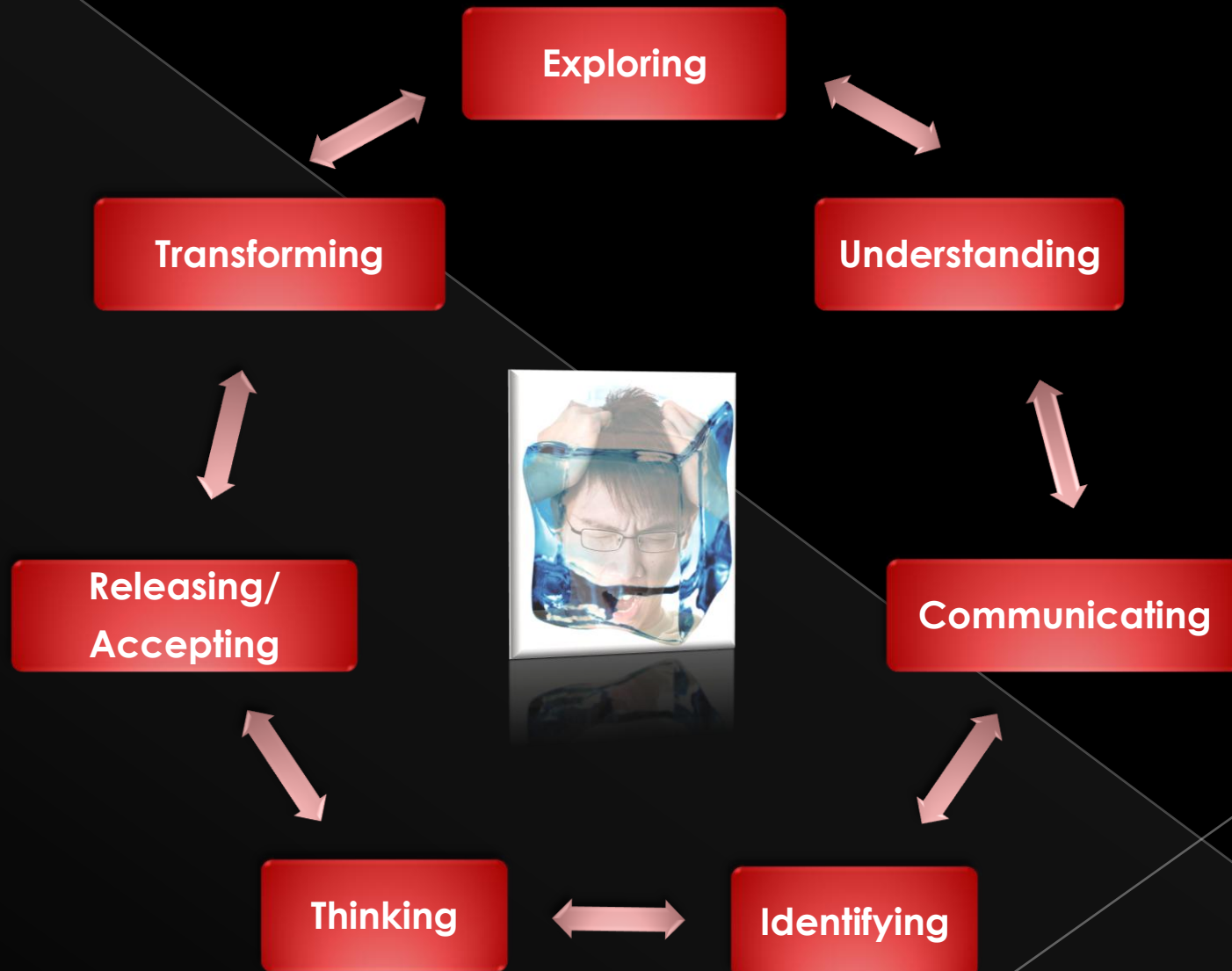
- 52% of these students have hit someone in anger.
- 28% (37% of boys, 19% of girls) of these students say it's okay to hit or threaten a person who makes them angry.



# Anger can...

- **Hurt your physical health.** Constantly displaying high levels of stress and tension is bad for your health. Chronic anger can lead to heart disease, diabetes, high cholesterol levels, a weakened immune system, insomnia, and high blood pressure.
- **Hurt you psychologically.** Anger consumes lots of energy and distorts thinking, making it hard to concentrate, and have a fulfilling life. It can also lead to mental health problems.
- **Hurt your performance.** It's hard to focus on school or work if your constantly riled up about something. If your constantly in trouble or walking around with a chip on your shoulder you can't grow or learn from new experiences.
- **Hurt relationships.** It causes you to hurt the people you love most because they are frequently taking the toll of your anger or have to go behind you to clean up the destruction. Friendships also carry the burden of your anger. Your friends may tend to back off and choose to avoid hanging out with you. Anger makes it hard for others to trust you, speak honestly, or feel comfortable—they never know what is going to set you off or what you will do.

# Cycle of Anger Management



# Explore

Have you ever wondered why you're so angry? Exploring the roots of your anger and how it is affecting your life and your relationships with others is the first and most important step in anger management. All behavior serves a purpose. Explore what's got you so hot headed. What purpose is your anger serving?





# How You See Yourself Is Important





# Exploring why you need to change is important because...

- ① You've acknowledged that you have a problem.
- ① You've accepted that you want to improve yourself.
- ① You've opened the door to change

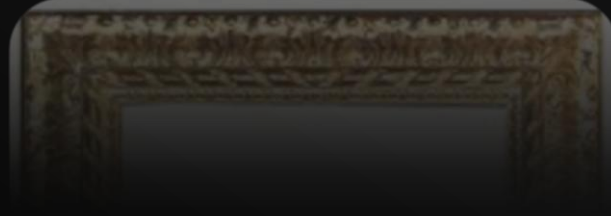


# Understand

Understand where anger is coming from. Become aware of situations trigger anger, notice actions physical, verbal and nonverbal, and think through the consequences. Knowing these signs and anger responses will increase self-awareness, which may help diffuse anger provoking situations. Track anger patterns through self-monitoring and journaling. Awareness and Tracking can lead to changing anger responses.



# Faces of Anger

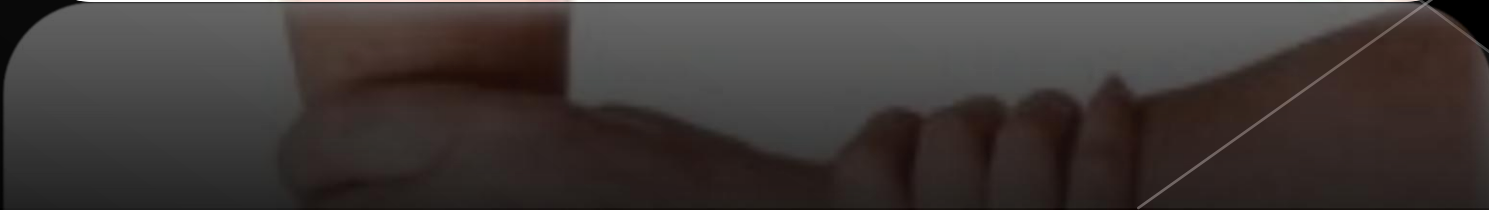


# Who are You?





# Family Ties Project



# Understanding is important because...

- It increases self awareness
- It allows you to watch for patterns in your behavior
- It helps you know what situations provoke you (trigger)
- It helps you know your physical anger signs





# Communicate

Communication is an important part of working through anger. Learning the art of effective communication can turn a tense situation around. Practice using good listening skills, make eye contact, clarify what is being said, use non-accusatory statements and most of all, make sure that you have all of the information before you react. Using "I" as opposed to "You" messages is another great communication tool.





# I Know How You Feel

- Look at the emotion on your strip.
- Act out the emotion non-verbally (use no words)
- Write down the emotion being displayed



# Communication is important because...

- ① Effective communication helps to avoid misunderstandings
- ② Effective communication helps you express your feelings and emotions.
- ③ Effective communication leads to understanding.

# Identify

Anger is an emotion that can be concealed and oftentimes confused with other emotions (i.e., jealousy, greed, embarrassment and being hurt). Learn to sort through your emotions before acting out of impulse. Identify what you're really feeling and address that emotion rather than mask it with anger.



# What's Hiding Behind all that Anger?



# What's Hiding Behind all that Anger?

**Fear**

**Anxiety**

**Shame**

**Greed**



**Stress**

**Hurt**

**Insecurity**

**Depression**

# Early Identification Can...

- Help you sort out what you're really feeling and not mask it with another emotion.
- Help you anticipate the emotion and know how you react to it.
- Identify uncomfortable or distressing thoughts and feelings that may cause anger.
- Manage anger responses and deal with the underlying emotion so that you can cope as effectively as possible.



# Think

When things make us angry, we tend to distort how we think about the situation. For example, we may misinterpret events, think the worst about everything, blame others or blow things out of proportion. Being able to identify negative thoughts and change those to more positive ones will help keep things in perspective. Cognitive restructuring or changing thinking pattern leads to change in responses. Patterns.



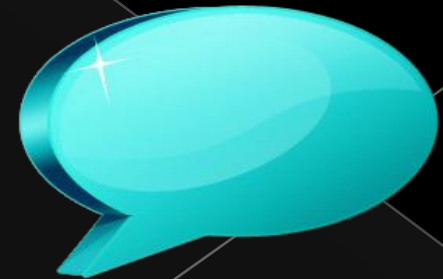


# Cognitive Distortions

Cognitive distortions are inaccurate thoughts used to reinforce negative thinking. They put a negative 'spin' on the events you see, and attach a not-so-objective interpretation to what you experience.



# Spinning Thoughts





# Change Your Thoughts Change Your Actions

**“We are what we think.**

**All that we are arises within our  
thoughts.**

**With our thoughts we make the world.”**

**~ Gautam Buddha ~**

***Changing your thoughts = Changing  
your mind = Changing your reality.***

# Release

Find an outlet to release some steam. Focus on deep breathing, shoot some hoops, hit a heavy bag, meditate, or just read a book. It doesn't matter what you do to relax, just do it. Make it a priority in your life.



# DBT (Dialectical Behavioral Therapy)

## Marsha Linehan

- Acknowledge your emotion. Imagine your emotion as a wave, coming and going.
- Don't push the emotion away. Don't reject the emotion.
- Don't judge your emotion. It is not good or bad. It's just there.
- Don't hold onto your emotion. Don't rehearse it over and over to yourself.
- You are not your emotion. Your emotion is part of you, but it is not all of you.
- You are more than your emotion. Don't act on the emotion. Having the emotion does not mean you have to act.
- Accept your emotion.



# The Process



- Write down the emotions that are holding you back and place them in the balloon.
- Blow up the balloon. Focus and concentrate on everything that you've put into your balloon.
- Let it go. Let it all go...



Not living up to expectations

worthless

stressed

Lost

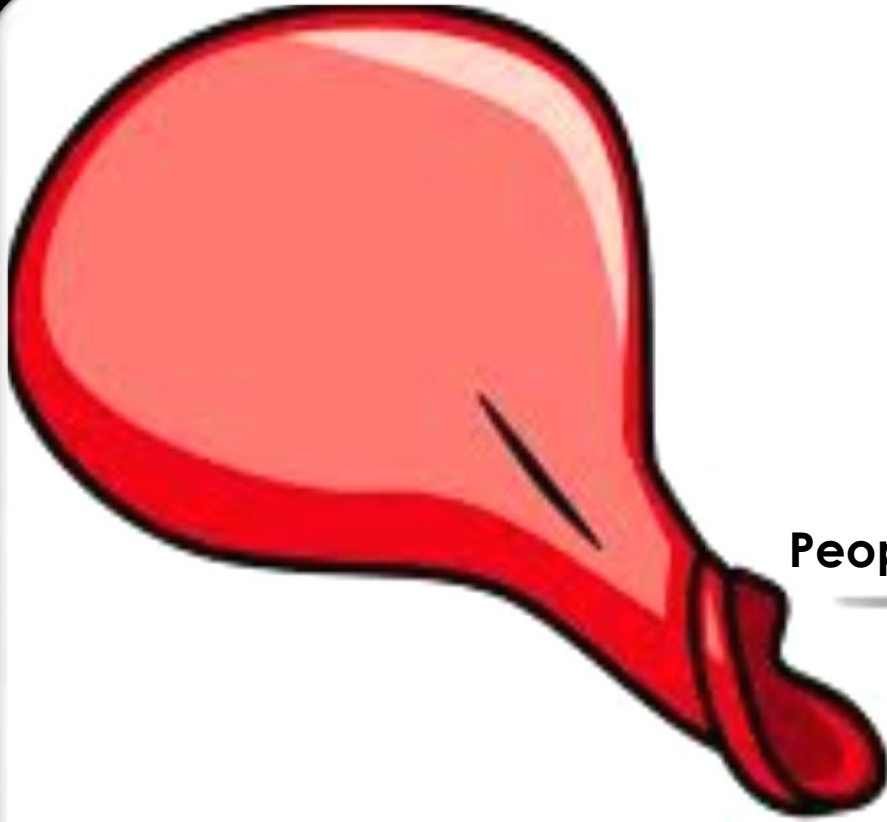
Can't do anything right

Failure

stupid







People calling me "bad"

Not being liked

Feeling Stupid

# PROCESS



- ① What feelings/thoughts did you place in your balloon?
- ② How long have these been effecting your life?
- ③ What did you feel like when you Released them.
- ④ You choose to tote those heavy emotions and burdens around. How can you release or accept them?

# Take Away



- Outlets are important. We all need them.
- Fighting who you are will only wear you down.
- Accept and embrace your anger emotion. Don't let it control you.

# Transform

The final stage involves putting all of the steps together and synthesizing them into how you handle anger. It's okay to move back and forth through various steps of the anger management cycle as you work through the transformation stage.



# Putting The Pieces Together



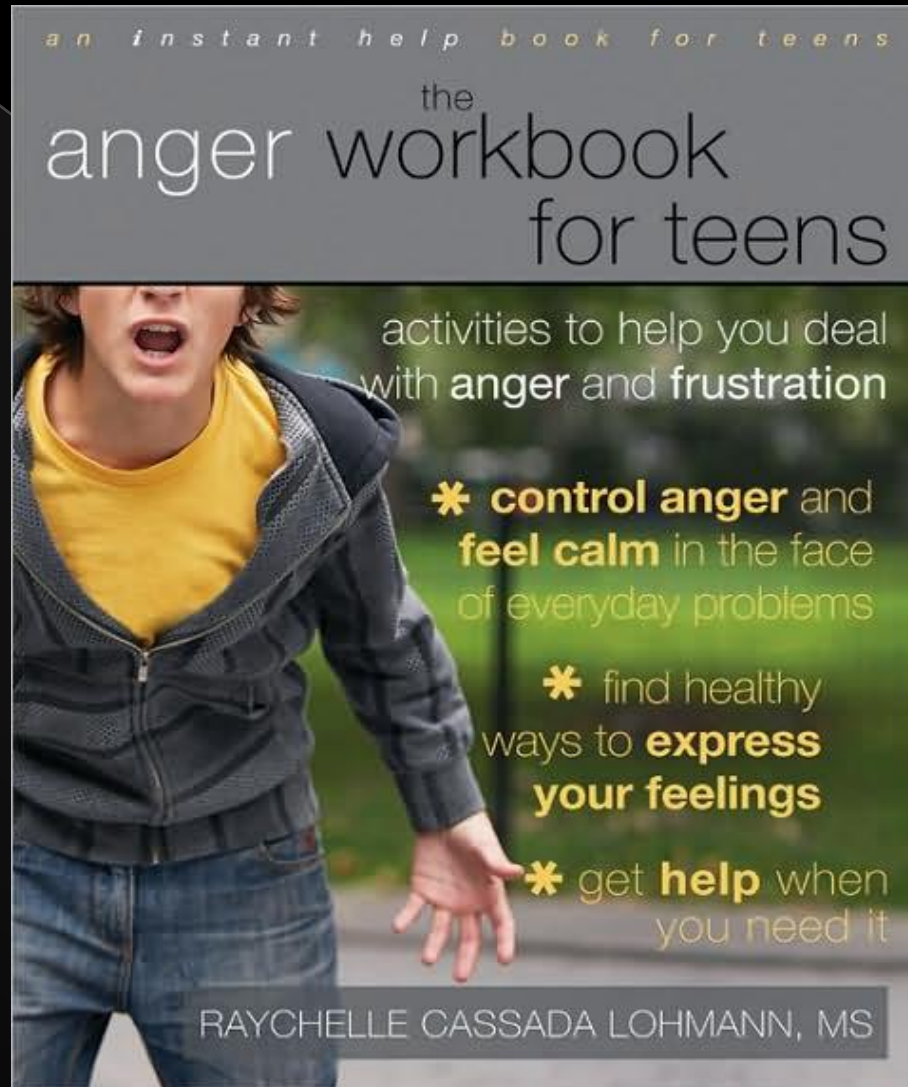
# Change Takes Time

As with any behavioral change, it's going to take time to transform your response to anger. If you approach this change with dedication, discipline and determination you'll see some great results.



# At A Bookstore Near You

NEW  
HARBINGER





# The Anger Workbook for Teens

- ⦿ Anger Management Skills and Concepts
- ⦿ Increased Self Awareness
- ⦿ Coping Skills and Techniques
- ⦿ Communication Skills
- ⦿ Conflict Resolution Skills
- ⦿ Cognitive Restructuring Skills
- ⦿ Increased Self-Control and Confidence
- ⦿ Decision Making Skills
- ⦿ Healthy alternatives to acting out anger



# MARCO



## Staying

# COOL

## When You're Steaming Mad

A Step-by-Step  
Guide For  
Teaching  
Students  
How To  
Effectively Work  
Through Anger

By **Michelle Connolly Johnson, MS, LPI**

Elementary  
7-12



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# Presentation & Handouts



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