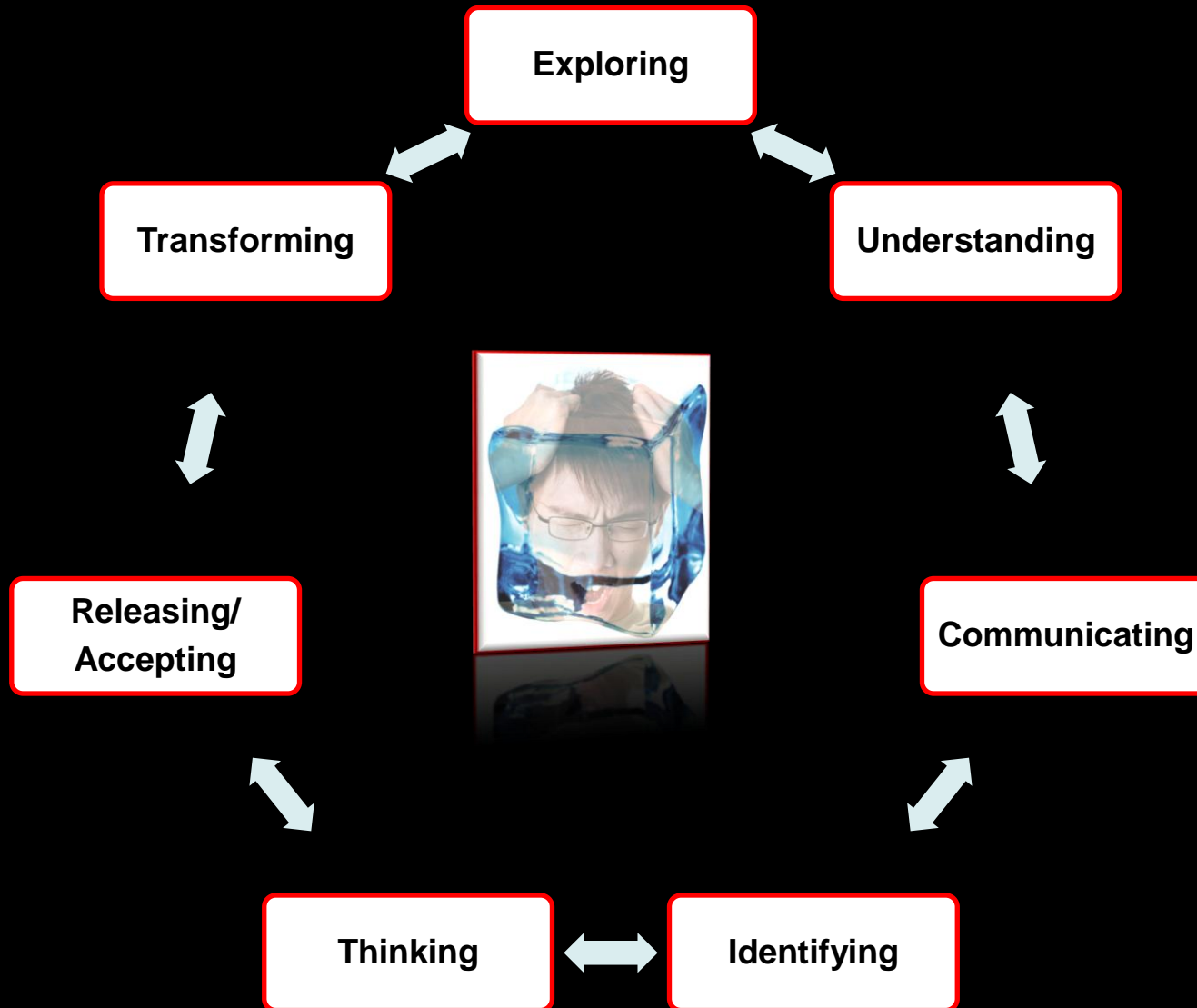


# ANGRY TEENS



**RAYCHELLE CASSADA LOHMANN, MS, LPC,**

# Cycle of Anger Management





# STEP 1

## 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?



# STEP 2

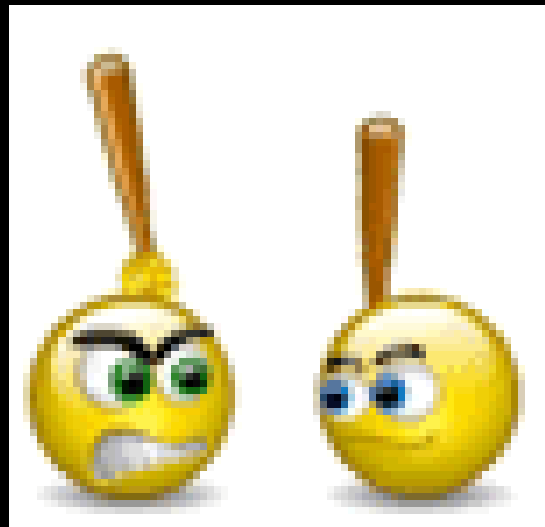
## UNDERSTAND

- Understand where all of your anger is coming from.
- Become aware of situations that make you angry
- Notice what you do when you get angry
- Think through the consequences of your actions.
- Identify your anger triggers.
- Identify your body's response to anger.

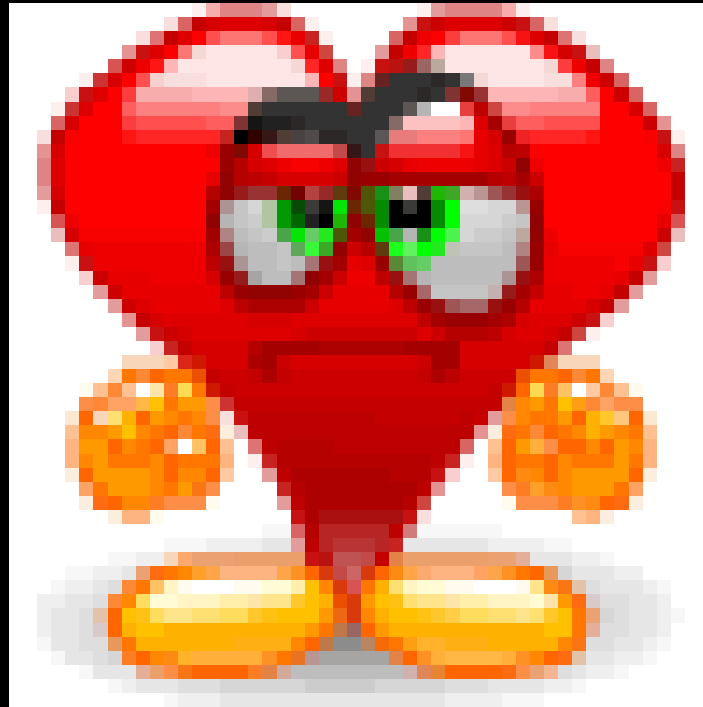
# PERSONALITY QUIZ



# WHAT IRKS YOU?



# ANGER HURTS



# ANGER & YOUR BODY

- arthritis
- high blood pressure
- headaches
- Allergies
- Obesity
- Cancer
- heart disease,
- hypothyroidism,



# WHAT'S YOUR ANGER STYLE?

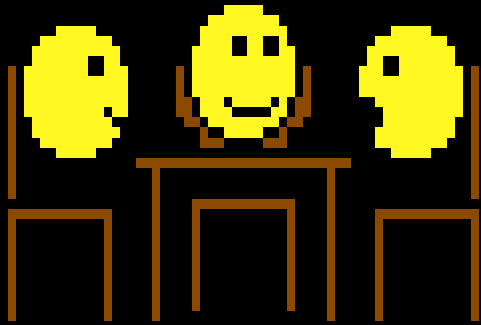




# BEHAVIORAL MONITORING

A great way to track your anger patterns is through self-monitoring and journaling. By becoming more aware and keeping track of your anger episodes, you can begin to change your response to anger.

# STEP 3



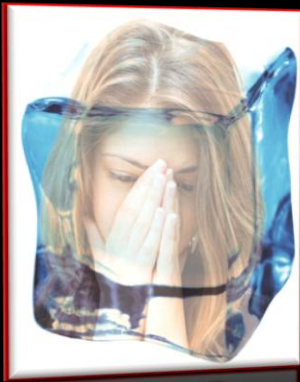
## COMMUNICATE

**Communicate** Effectively When You're Angry  
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.

# LISTENING IS HARD WHEN YOU'RE ANGRY?



- You have a point to make
- You're thinking of what to say next
- You think your way's right
- You feel that something's unfair



## **STEP 3**

# **COMMUNICATION STEPS**

**Step 1: Define the Topic.**

**Step 2: Pick the Right Timing.**

**Step 3: Talk Clearly.**

**Step 4: Ask for What You Want.**

**Step 5: Listen.**

# STEP 4



## IDENTIFY FEELINGS

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?

**Fear**

**Anxiety**

**Shame**

**Greed**

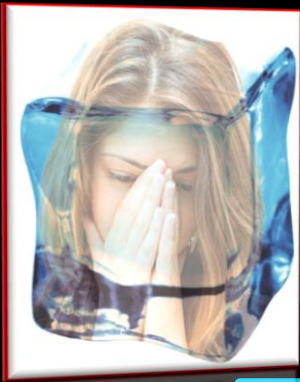


**Stress**

**Hurt**

**Insecurity**

**Depression**



## STEP 5

# THINKING ABOUT ANGER

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



# COGNITIVE DISTORTIONS



# TOP ANGER DISTORTIONS



*Seeing things in black and white; anything short of perfection is seen as failure.*

# OVER-GENERALIZATION



*Seeing a single negative event as a never-ending pattern of defeat.*

# MENTAL FILTER



*Dwelling on a single negative detail that skews all reality.*

# DISQUALIFYING THE POSITIVE



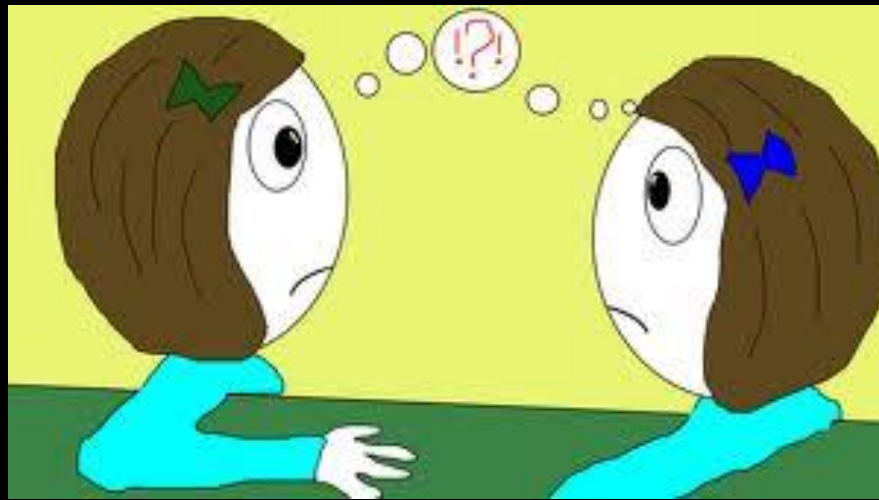
*Rejecting positive experiences to sustain negative beliefs.*

# JUMPING TO CONCLUSIONS



*Making negative conclusions not supported by facts.*

# MIND READING



*Concluding that you know what others are thinking.*

# FORTUNE TELLING



*Thinking that you know how it's going to  
end and you*



# MAGNIFICATION



*Blowing things up and making the situation escalate.*

# MINIMIZATION



*Not seeing the real importance in something.  
Blowing it off like it's no big deal.*

# FINGER POINTING



*Should've Would've Could've and by the way  
it's all your fault!*

STOP



THINK



ACT



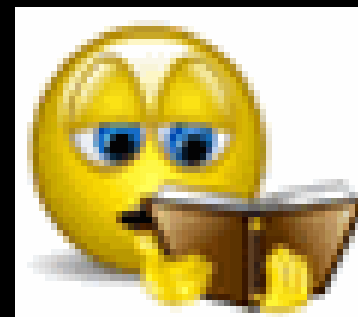
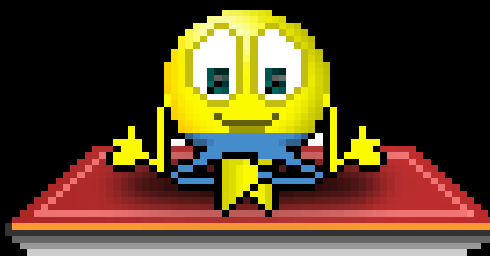


# STEP 6

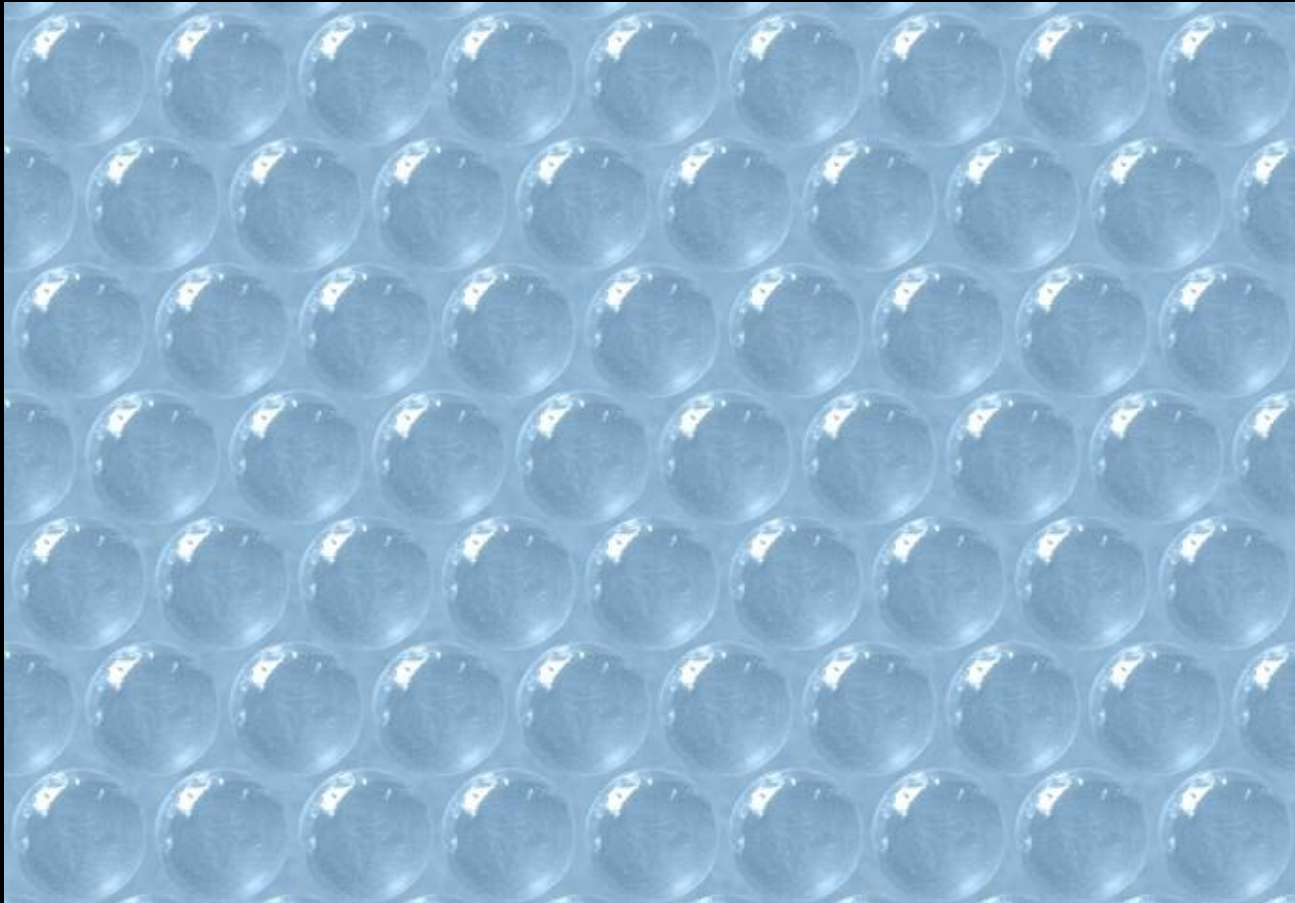
## RELEASE ANGER

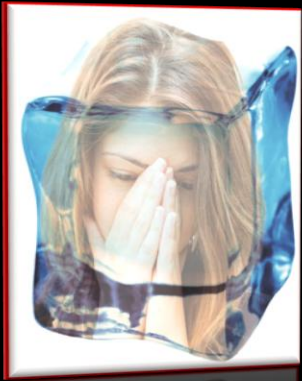
Find an outlet to release some steam. Focus on deep breathing, shoot some hoops, hit a heavy bag, mediate, or just read a book. It doesn't matter what you do to relax, just do it. Make it a priority in your life.

# RELEASE ANGER



# RELEASE IT





# STEP 7

## TRANSFORMING ANGER

The final stage involves putting all of the steps together and synthesizing them into who you are and 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. 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.





# MORE THAN ANGER

The most commonly used psychiatric diagnoses for aggressive, angry or violent behavior are:

- Oppositional Defiant Disorder
- Attention-Deficit/Hyperactivity Disorder
- Conduct Disorder (in children and adolescents),
  - Psychotic Disorder
  - Bipolar Disorder
  - Antisocial, Borderline
- Paranoid and Narcissistic Personality Disorder
- Adjustment Disorder with Disturbance of Conduct
  - Intermittent Explosive Disorder.

# ARGUING CAN BE GOOD



Teaching teens to argue well an essential skill: expert

<http://www.ctv.ca/CTVNews/Health/20111223/parents-teens-arguments-111223/#ixzz1k3eGJCi9>



# HEALTHY ARGUING

1. Stay calm and allow your teen to make their point.
2. Be an example. Model to your teen how to argue, not fight. Your teen will follow your lead without even knowing it. So remember, you still have the upper hand.
3. Respond, don't react. Talk to them and don't yell or shout. Do you listen well when someone's yelling at you? Your teen probably won't either.
4. Listen, Listen, Listen. As a parent, I know how hard this can be sometimes, but just listen. Whether you agree with your teen's stance or not, give them the floor to express themselves; they deserve that.



# HEALTHY ARGUING

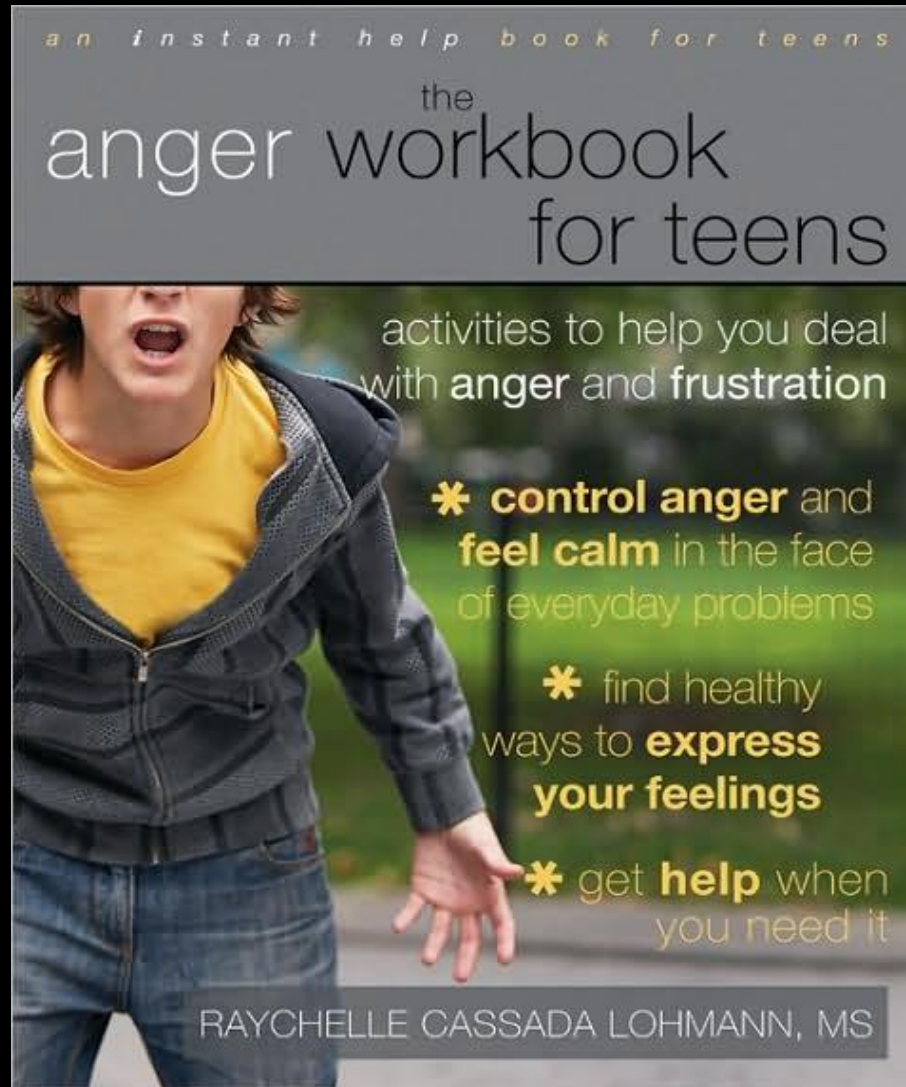
5. Keep reminding yourself that during every argument your teen is learning. Make sure they're getting the message you want them to.
6. Know when to call it quits. If you find that you're getting too irritated with your teen to effectively argue, then stop. Pay attention to your body signals, heartbeat, breathing rate, muscle tension, etc. It's okay to continue the discussion later.
7. Don't be a control freak; you don't have to win all the time.

**"FOR EVERY MINUTE YOU'RE  
ANGRY, YOU LOSE SIXTY  
SECONDS OF HAPPINESS" ~  
RALPH WALDO EMERSON**

# At A Bookstore Near You

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# **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



Staying

COOL

When  
You're  
Steaming  
Mad

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

By Elizabeth Connolly Johnson, MS, LPH

Volume 7  
Issue 1





**WEBSITE:**  
**<http://raychelleclohmann.com>**

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*That's all Folks!*