

# Angry Teens



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# AGENDA

- **The Cycle of Anger Management**
- **Applying to Practice**
- **Take Home Tips and Strategies**
- **Publications**
- **Closure**

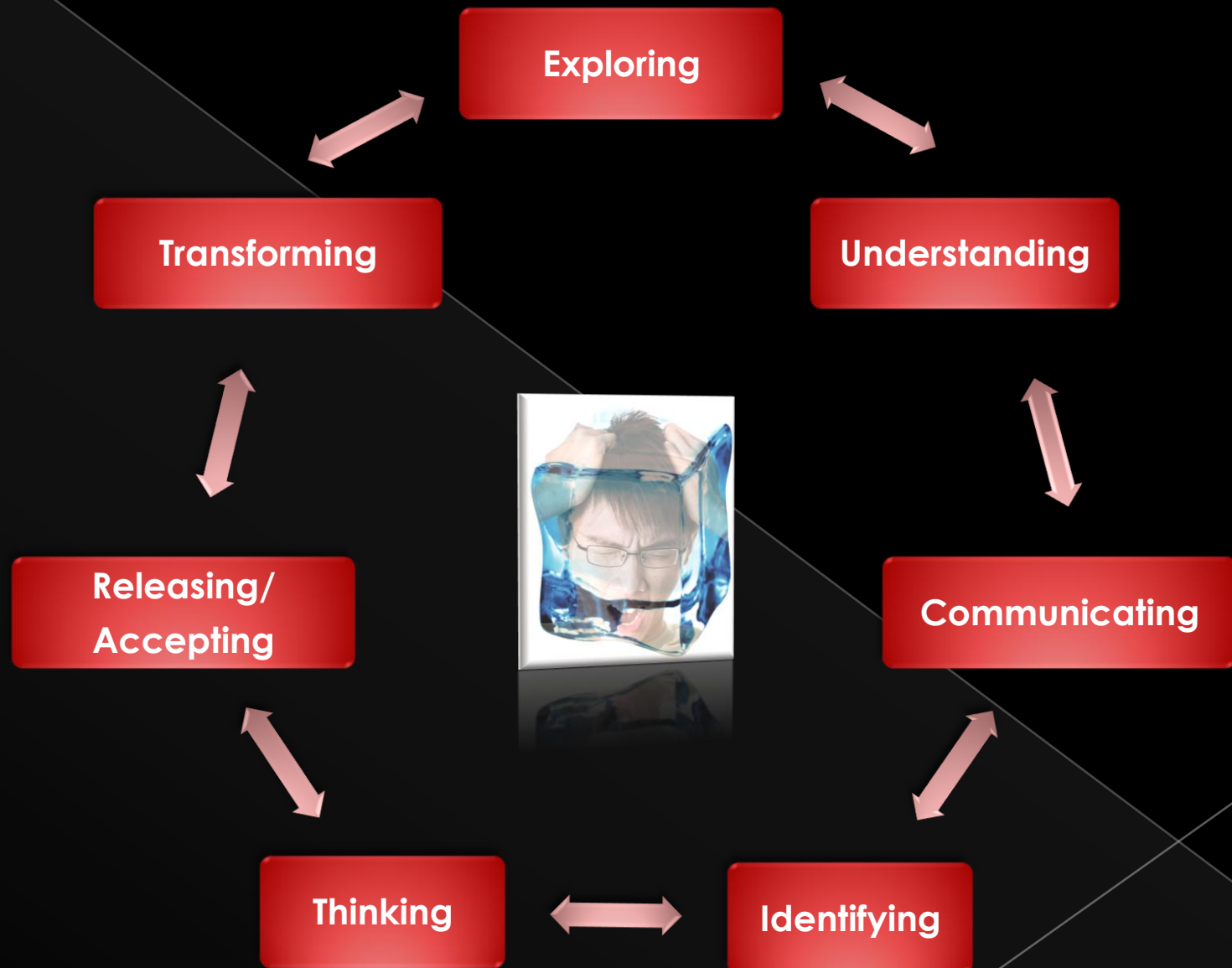


# GOAL

**That you will understand the cycle of anger and be able to apply key principles and strategies to each stage. More importantly, the goal is that you will be able to help someone who is a victim of his or her own anger.**



# Cycle of Anger Management



# Test Your Knowledge



# 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?



**Whaddya mean...**

**ANGER MANAGEMENT?!**



# The Importance of Self-Awareness





# 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



# Your Internal Gauge



# Anger Hurts

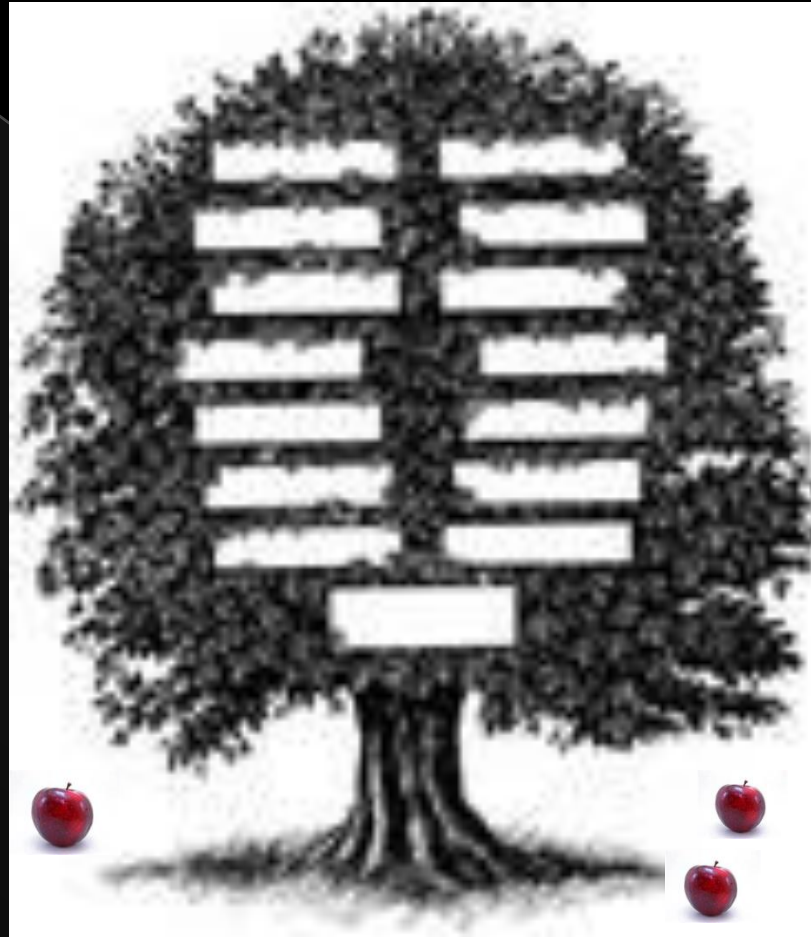


# Behavioral Monitoring

## Keeping Behavior in Check



# Family Matters



Apples Don't Fall Far From The Tree

# Relational Psychology



What's Important to You?



# 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



# Communication



# Non-Verbal's Are Important

- Gestures & Signs –provocative or vulgar, waving, giving the OK sign, and yes the middle finger falls into this category.
- Facial Expressions – squinting eyes, tensing facial muscles, raising an eyebrow
- Personal Space – standing too close for comfort or too far away for closeness
- Stance – arms crossed or open for approachableness, tense or relaxed
- Eye Contact - maintaining eye contact, cutting eyes, rolling eyes
- Touch – some people are touchy/feely, do you like when others touch you?
- Personal Vibes – what does your gut tell you about this person?

# What Do You See?



<http://www.123opticalillusions.com/pages/opticalillusions24.php>

# What Do You See?



When you need  
a divine  
intervention...





# Problem Solving

**A lily pad doubles in size each day. In 28 days the lily pad will cover the entire pond. In how many days will the pond be half covered?**





# Answer

**27 days. The lily pad doubles in size in one day, so one day ago it was half the size it is now. If today it covers the entire pond, yesterday it covered half the pond. Since today is day 28, yesterday is day 27.**

# Anger management:

When angry with someone,  
it helps to sit down and  
think about the problem...



# 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?

**Fear**

**Anxiety**

**Shame**

**Greed**



**Stress**

**Hurt**

**Insecurity**

**Depression**

# Anger Expression Styles

- ◉ **Slammer**
- ◉ **Yeller**
- ◉ **Complainer**
- ◉ **Trash Talker**
- ◉ **Hitter**
- ◉ **Pacer**
- ◉ **Whiner**
- ◉ **Breaker**



# IMs

- Morning Person?
- Afternoon Nap?
- Overstressed?
- Tired?
- Too much to do?



# 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

1. All-or-Nothing Thinking
2. Overgeneralization
3. Mental Filter
4. Disqualifying the Positive
5. Jumping to Conclusions
6. Magnification and Minimization
7. Emotional Reasoning
8. Should Statements
9. Labeling and Mislabeling
10. Personalization



# Finger Pointing



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



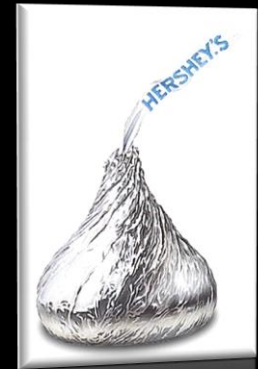
***Changing your thoughts =  
Changing your mind =  
Changing your reality.***

# 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.



# Mindfulness



- Mindfulness is awareness. It's a state of active, open attention on the present. When you're mindful, you observe your thoughts and feelings from a distance, without judging them good or bad. Instead of letting your life pass you by, mindfulness means living in the moment and awakening to experience.

# Transform

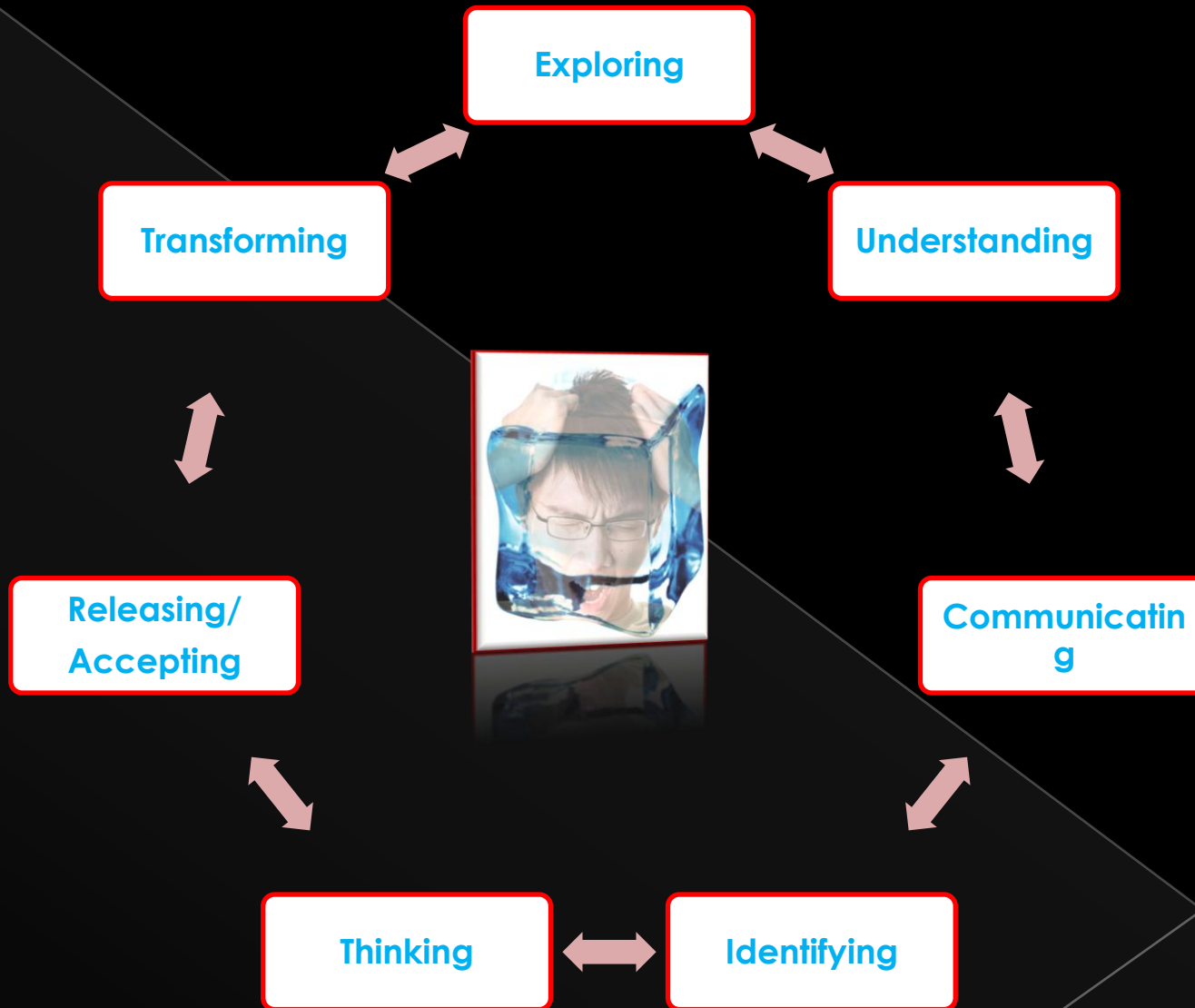
The final stage involves putting all of the steps together and synthesizing them into how you handle anger. It's okay to move back and forth through various steps of the anger management cycle as you work through the transformation stage.



# Putting The Pieces Together



# What's The Stage?





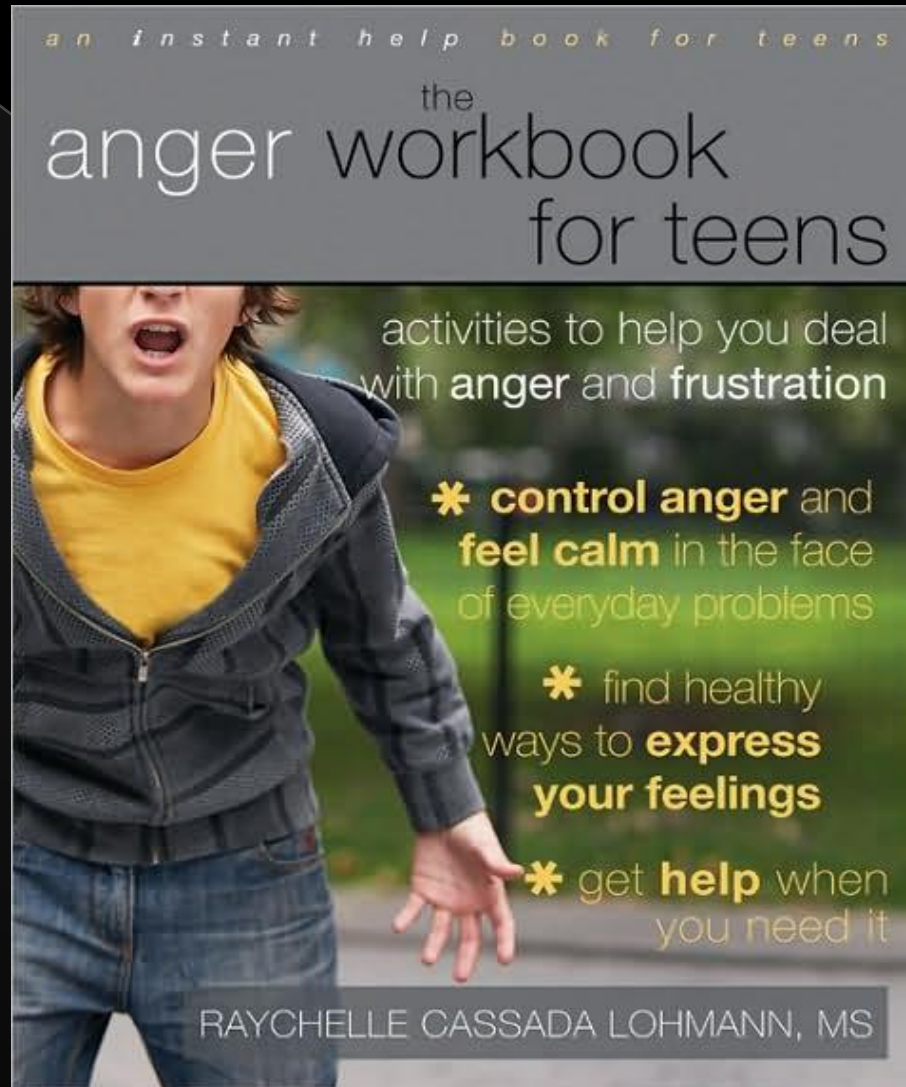
# More Than Anger

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.**

# At A Bookstore Near You

NEW  
HARBINGER

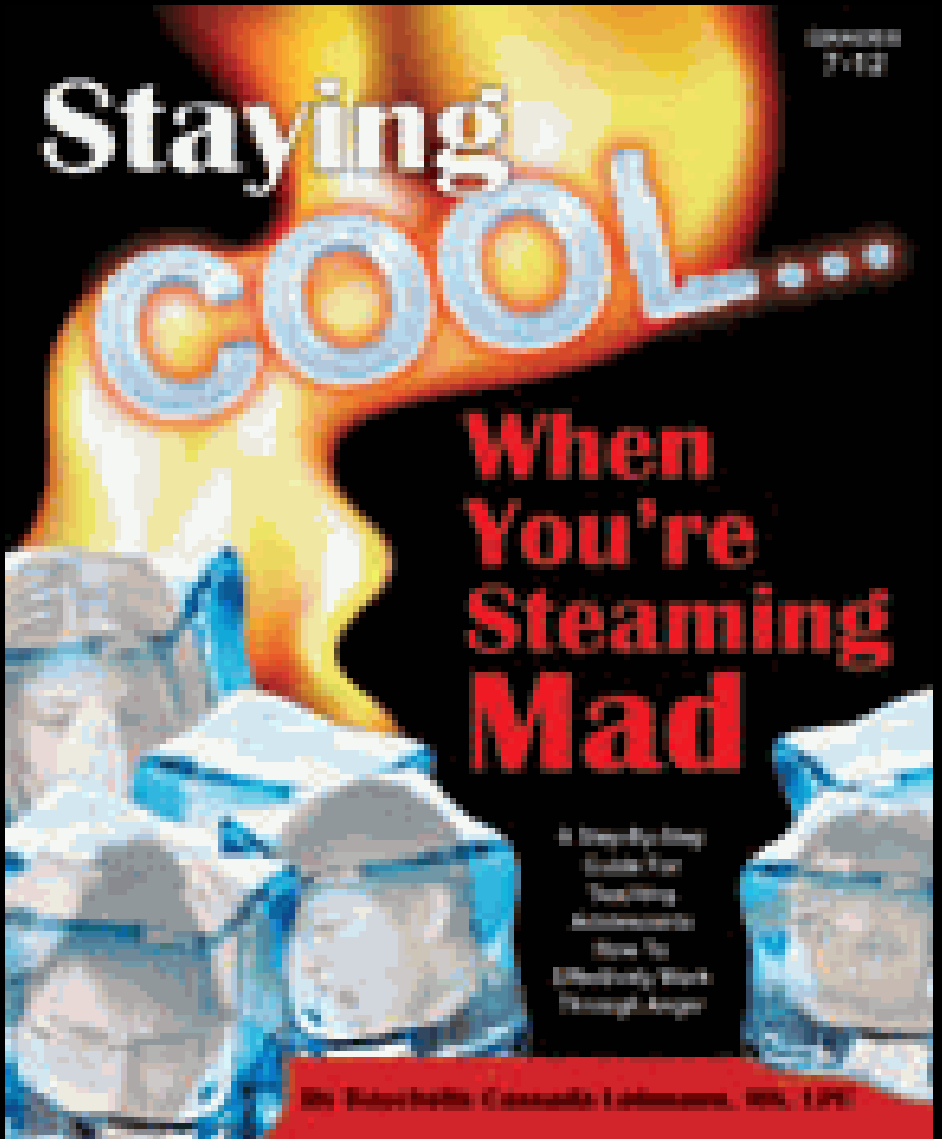


Staying  
**COOL**

When  
You're  
Steaming  
Mad

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

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



Volume 1  
7-12



# Where To Find Me



<http://www.psychologytoday.com/blog/bloggers/raychelle-cassada-lohmann-ms-lpc>



<http://twitter.com/RLohmann>



<http://www.sharecare.com/user/raychelle-lohmann/bio>



<http://www.linkedin.com/in/rlohmann>



<http://www.newharbinger.com/AuthorExpertRaychelleCassadaLohmannMSLPC/tabid/348/Default.aspx>

# Presentation & Handouts



[www.raychelleclohmann.com](http://www.raychelleclohmann.com)

Q E P



ಪ್ರವಾಹ ತಡೆಗಟ್ಟಿ

