

# The Anger Management Plan

In order to make a good anger management plan, you need to know in advance what your personal anger triggers and settings are, how angry you may get, and what anger management tools will help you interrupt your state of anger arousal so that you can stay calm and in control. At the same time, you want to find a way to meet your needs while respecting the needs of others. When you are able to anticipate what tools you will need and how you will use these tools to stay in control, you have made an anger management plan. When you are able to execute this plan successfully, you have mastered anger management.

## ***Each anger management plan is a link in the learning process***

After using a plan, evaluate its success. Where was it working, and where was it weak in helping you stay calm? Remember that just as your likes and dislikes may change, so, too, will the anger management tools that you find effective. Don't be afraid to experiment and be creative. You will probably use different plans for different situations. Don't beat yourself up or give up on yourself if you mismanage a situation. Most important, model this attitude of tolerance and perseverance for the young people in your life. Teach them that situations of mismanagement are important indicators that more practice is needed. (If you notice a pattern of extreme aggression or violence in yourself or the teen, please seek professional help.)

Feel free to use the form on page 60 to guide you in developing a plan. You may also review previously completed anger logs to help you develop an effective anger management plan. In fact, you need not restrict your log use to recording your anger response *after* an event. The log can also be used to help anticipate and create a plan for managing a potentially difficult future event. You may find it useful to get into the habit of filling out a log *before* you lose control.

Needless to say, you should encourage the young teen in your life to use the outline and/or the anger log to anticipate hard-to-manage situations and plan

## My Anger Management Plan

1. The anger trigger and setting (*Briefly describe.*)

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2. The degree of my anger (*Circle one.*)

1	2	3	4	5
not angry	mildly angry	moderately angry	really angry	burning mad

3. Useful/effective anger management tools (*Briefly describe.*)

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4. Result (*Describe what worked and what didn't.*)

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5. Some ideas for the next plan (*Briefly describe.*)

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how to react. Suggest that he or she may also find it very helpful to complete a log before losing control. If you cannot get your youngster to participate directly, do not underestimate the importance of modeling good anger management through word and deed. Do not hesitate to discuss some of the anger-provoking situations that confront you in your office, religious committee, or social club. Let your youngster hear how you anticipate the rough spots so you will be better prepared to keep your cool. When appropriate and when you and your teen are on good terms, make it a problem-solving family discussion. Elicit ideas from all family members, including your teen, about possible ways to handle a potentially anger-provoking situation. Complete an anger log together as part of this family discussion. Try out some of the plans suggested, and report the results to the family. Reevaluate and make a new plan with feedback from other family members.

Consider the following example:

Mrs. Lee found out that the insurance company never forwarded the necessary certificate to the bank for the purchase of her family's new house. She was burning mad. Her daughter, Maya, was at home when the bank called to say the closing would have to be postponed. Mrs. Lee realized that this would be a perfect opportunity to model how to develop and use an anger management plan for her daughter. She told her daughter how angry she was but also told her the importance of staying in control and thinking clearly before acting. Mrs. Lee took several deep breaths and used self-talk to calm down. She told herself this was a "snag," not a catastrophe. As she became better able to think clearly, she came up with a strategy for straightening out this snag. She discussed her plan beforehand with her daughter: She planned to call the insurance company, speak to a supervisor, and firmly but politely explain that the closing would be canceled unless the papers were sent immediately. She planned to appeal to the supervisor's sense of fairness. If this did not work, things would have to be rescheduled. She could live with that. With her daughter as a witness, she then put this anger management plan into effect.

Here's to you and your teen becoming masters of anger management planning!

*Continue to record your anger management skill use on the Final Anger Log (on page 63, which now includes all the anger management techniques. Employ any anger management technique you have learned so far, or a combination of techniques. Use the second page of the log or your journal to record further thoughts or comments.*

## Summary: Chapter 7

*The following statements summarize the main points in this chapter. Feel free to add other points you think are important. If you wish, use your journal to write more detailed observations.*

1. A good anger management plan involves thinking about your anger trigger and setting, the degree of your anger, and the tools you will need to stay calm and in control.
2. Each anger management plan is a link in the learning process.
3. It is important to evaluate the success of a plan after you execute it.
4. Anger management plans should be creative and flexible.
5. Most situations of anger mismanagement are important indicators that more practice is needed.
6. One method for developing an anger management plan is to evaluate your previously completed anger logs. Another is to use the anger log to help anticipate and plan for managing a potentially difficult event.
7. Through discussions, the entire family can help another family member to complete an anger log and to develop an anger management plan.
8. Do not underestimate the importance of modeling the development of an anger management plan for your teen through your words and deeds.
9. \_\_\_\_\_  
\_\_\_\_\_
10. \_\_\_\_\_  
\_\_\_\_\_
11. \_\_\_\_\_  
\_\_\_\_\_
12. \_\_\_\_\_  
\_\_\_\_\_

## Final Anger Log

Date \_\_\_\_\_

### What was your trigger?

- |  |   |
|--|---|
| <input type="checkbox"/> Somebody started arguing with me.<br><input type="checkbox"/> Somebody insulted me.<br><input type="checkbox"/> Somebody insisted I do something. | <input type="checkbox"/> Somebody took something of mine.<br><input type="checkbox"/> Somebody did something I didn't like.<br><input type="checkbox"/> Other _____ |
|--|---|

### Where were you when you got angry?

- Home  
  Community (*specify*) \_\_\_\_\_  
  Office/school  
  Other \_\_\_\_\_

**How angry were you?**     
 1                      2                      3                      4                      5  
 not angry              mildly angry              moderately angry              really angry              burning mad

	How did you handle your anger?	How will you handle your anger next time?
<b><i>Inappropriate responses</i></b>		
Yelling	<input type="checkbox"/>	<input type="checkbox"/>
Throwing something	<input type="checkbox"/>	<input type="checkbox"/>
Cursing	<input type="checkbox"/>	<input type="checkbox"/>
Threatening someone	<input type="checkbox"/>	<input type="checkbox"/>
Breaking something	<input type="checkbox"/>	<input type="checkbox"/>
Hitting someone	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>
<b><i>Appropriate responses</i></b>		
<i>Physiological tools</i>		
Counting to 10, 20, 30	<input type="checkbox"/>	<input type="checkbox"/>
Taking deep breaths	<input type="checkbox"/>	<input type="checkbox"/>
Relaxing my muscles	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>
<i>Thinking tools</i>		
Using self-talk/self-statement	<input type="checkbox"/>	<input type="checkbox"/>
<i>Write down what you thought or said to yourself.</i>		
_____		
_____		
<i>Behavioral tools</i>		
Talking it out	<input type="checkbox"/>	<input type="checkbox"/>
Ignoring it	<input type="checkbox"/>	<input type="checkbox"/>
Going for a run	<input type="checkbox"/>	<input type="checkbox"/>
Walking away	<input type="checkbox"/>	<input type="checkbox"/>
Other _____	<input type="checkbox"/>	<input type="checkbox"/>

### Did you make your anger work for you?

- Yes    I stayed in control, respected people and property, and had positive results.  
 No     I lost control, hurt people or property, and/or had negative results.

**How did you handle the situation?**     
 1                      2                      3                      4                      5  
 poorly              not so well              OK                      well                      great