

Sample Final Anger Log

Name Maurice R. Date April 10

What was your trigger?

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

Where were you when you got angry?

- School Neighborhood Home 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?
<i>Inappropriate responses</i>	Yelling	<input type="checkbox"/>	<input type="checkbox"/>
	Throwing something	<input type="checkbox"/>	<input type="checkbox"/>
	Cursing	<input checked="" 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"/>
<i>Appropriate responses</i>			
	<i>Physiological tools</i>		
	Counting to 10, 20, 30	<input type="checkbox"/>	<input checked="" 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>		
	<u>Just because he's teasing me doesn't mean I have to lose it.</u>		
	<u>Stay calm.</u>		
<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

ANGER IS A NORMAL HUMAN FEELING

Review

Name _____ Date _____

1. No two people are alike.

This is positive because individual differences are interesting, and we wouldn't want everyone to be the same. Differences can be a problem, however, when they cause disagreements and fights.

2. Anger is a *normal* human feeling.

Everyone gets angry.

What matters is *how* you manage your anger.

You don't need to feel bad if you don't already know how to manage your anger. You can learn.

3. Anger is a *powerful* feeling. Anger is powerful, but you can stay in control. When a person gets out of control, here are some things we said he or she might say or do.

4. Staying calm and in control. In this program, we want to help you make your anger work *for* you, not against you. What do the members of our class do to stay in control and handle anger in a positive and socially appropriate way?

5. Program organization. Week by week, you'll learn about the many anger management tools in this program. We'll have a review sheet for each session. If you keep all these sheets in your anger management folder, at our last session you'll have a very useful summary of the whole program.

6. Other comments

Please save this review sheet in your anger management folder.

ANGER TRIGGERS AND SETTINGS

Anger Log 2

Name _____ Date _____

What was your trigger?

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

Where were you when you got angry?

- School Neighborhood Home 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?
<i>Inappropriate responses</i>	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"/>
<i>Appropriate responses</i> <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"/>

DEGREES OF ANGER/OTHER ANGER MANAGEMENT TOOLS

Leader Checklist

Leader name _____ Date of session _____

I covered the following topics today (*check all that apply*).

1. Review

- Reviewed definitions of *trigger* and *setting*.
- Discussed student use of anger logs since the last session, especially in regard to recording triggers and settings.
- Reviewed and added anger triggers and settings to poster.
- Discussed student use of physiological techniques since the last session.

2. Degrees of anger arousal

- Defined terms related to anger arousal.
- Discussed factors that affect degree of anger arousal.
 - Whether an event is accidental or deliberate
 - Whether or not we know and like a person
 - How well we “read” the other person’s motives

3. Anger log

- Explained how to rate degrees of anger arousal using the five-point scale added to the log.
- Introduced thinking and behavioral anger management tools.
- Encouraged students to continue to use their anger management logs.

4. Role-play

- Helped students role-play a situation, using an example from the session.
- Used a physiological tool as well as thinking and/or behavioral tools.
- Stressed the effect of using these tools on degree of anger.

5. I also covered the following area(s):

Ten Role-Play Questions

Name _____ Date _____

1. What was your anger trigger? (What happened?)
2. What was the setting? (Where were you?)
3. Was the event accidental or deliberate?
4. How angry were you?

1	2	3	4	5
not angry	mildly angry	moderately angry	really angry	burning mad
5. Where in your body did you feel your anger?
6. What were you thinking when you were angry? (What self-talk/self-statements did you use?)
7. Did you have a plan for managing your anger? If so, what was it?
8. What tools did you use? Did they work, or did you need different tools? If so, which ones?
9. Did you meet the criteria for good anger management? (Did you stay in control, respect people and property, and get positive results?)
10. Overall, how do you think you handled the situation?

1	2	3	4	5
poorly	not so well	OK	well	great

REVIEW AND GRADUATION

Connecting Activity

Name _____ Date _____

Don't let your anger build up day to day. Find the type of music or exercise that soothes you after you have had a hard day. Be adventurous! Explore the following (and your own) ideas.

Music

Listen to music you have never paid attention to before. Remember, you can also practice the muscle relaxation exercises while you listen.

Do you like pop music to help you wake up in the morning and classical to relax before going to sleep at night?

Does singing help you relax?

Does playing an instrument soothe you?

What else can you think of?

Physical activity

Do something physical to help you relieve stress.

Does dancing to your favorite music calm you down?

If you have always played basketball for fun, does it help to play it to release anger in a safe way (no flagrant fouls, now!)?

If you have always played soccer to burn off anger, would long-distance running be a good alternative when there is no one to play soccer with?

Does swimming soothe you? Would a shower work almost as well—at least until you can get to a pool?

What else can you think of?

Try three different styles of music and/or ways of being physically active over the next month. On a sheet of notebook paper, write down what you liked and did not like. Place these comments in your anger management folder. Plan to report on your discoveries at the first booster session.