

Contents

	Introduction	1
Activity 1.	But I'm Not Angry!	3
Activity 2.	I'm <i>Still</i> Not Angry...or Am I?	7
Activity 3.	Learning to Say What You Feel	10
Activity 4.	Releasing Your Anger Energy in Positive Ways	15
Activity 5.	Does Your Thinking Make Your Anger Worse?	19
Activity 6.	Why—and How—Do You Argue?	24
Activity 7.	Words Don't Say It All	28
Activity 8.	When Your Body Says, "I'm Angry!"	31
Activity 9.	Deal with What You Feel	33
Activity 10.	How Feelings of Inferiority Feed Your Anger	37
Activity 11.	Fix Frustration Before It Becomes Anger	41
Activity 12.	How Guilt Becomes Anger	45
Activity 13.	How Physical Pain Becomes Anger	50
Activity 14.	How Emotional Pain Becomes Anger	53
Activity 15.	I'm Depressed...and Angry!	57
Activity 16.	Anger and Substance Abuse	62
Activity 17.	Wrestling with Physical Aggression and Anger	66
Activity 18.	When Anger Attacks	70

Activity 19.	Anger—Like Father, Like Son?	75
Activity 20.	Surrounded by an Angry Society	82
Activity 21.	Dealing with the Challenges of Social Media	87
Activity 22.	But I <i>Need</i> to Be in Control!	93
Activity 23.	Dealing with Abuse	101
Activity 24.	The Power of Relaxation	106
Activity 25.	Changing Your Anger Script	111
Activity 26.	Learning to Focus on What’s Good	115
Activity 27.	Fake It Until You Make It!	119
Activity 28.	Dealing with Distorted Thinking	123
Activity 29.	Dealing with More Distorted Thinking	127
Activity 30.	Learning to Be Assertive, Not Aggressive	131
Activity 31.	Getting Your Needs Met	137
Activity 32.	Stop Beating Yourself Up	141
Activity 33.	Supporting Yourself with Coping Thoughts	145
Activity 34.	You’re on Your Way!	149
	Acknowledgments	155