

Speaker Notes

Title of Presentation: Controlling Anger

Page 1 – none.

Page 2 – none.

Page 3 – none.

Page 4 – Completely normal: anger is usually a healthy and adaptive human emotion that moves us to appropriate action.

- Triggers the fight or flight: this response produces many physiological changes that strengthen and energize us, but can also be harmful if experienced on a regular basis.
- Varies in intensity: can be mild irritation to intense fury and rage depending on the situation and the individual's perception and response.
- Can stem from real or perceived threats: Even imagined threats (ex, thinking your spouse may be "cheating" on you when there is no evidence or rational reason to believe that) can cause anger the fight or flight response to trigger.

Page 5 – Example of anger being managed effectively: Martin Luther King, Jr. and The Civil Rights Movement – people became angry about the laws of segregation and decided to take peaceful action to change the laws.

Page 6 – Notice when the signs of the flight or fight response occur. Becoming aware of these signs is the first step in controlling anger. When anger is not managed and anger becomes out of control – verbal or emotional abuse and violence can occur.

Page 7 – Everyone gets angry from time to time, but if your anger is interfering with your personal and/or work life, then it's important to look at using anger management tools.

Page 8 – none.

Page 9 – Some people think that it is the person or event that "makes" them feel a certain way, but it is actually what we think about the event and say to ourselves about the event that really causes our emotional reaction and behavior.

On the following slide, we look at emotionally charged self-talk and alternative selftalk.

Page 10 – Emotionally charged words and phrases turn your desires and requests into demands. No one likes to think they are being demanded to do something. We don't live in an ideal world, so we can't expect things will always be the way we want. We also don't have control over other people or certain events that occur.

Page 11 – none.

Page 12 - Don't say the first thing that pops into your head. Think about what you want to say and how to say it. We often misunderstand or misinterpret what the other person says. It helps to reflect back to them what you heard them say so they can correct you if you're wrong. Using "I" statements: "You" statements blame. When we are blamed, we usually defend ourselves. Example: "You never pick up your clothes." A response to this statement might be, "What do you mean, I never pick up my clothes? I picked them up yesterday!" An alternative "I" statement might be: "When you don't pick up your clothes, I feel upset, because I think I'm not appreciated."

Page 13 – - Since anger triggers the physical changes brought about by the fight or flight response (muscle tension, rapid heart rate, increased breath rate) it's important to counteract those responses with the relaxation response.

Page 14 – none.

Page 15 – none.

Page 16 – none.

Page 17 – none.

Page 18 – none.
Page 19 – none.

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