



Control Your Anger Before?

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Getting Started

This session will help teach you how to identify your anger triggers and what to do when you're angry.



Objectives





Your Anger Experience

Think of a situation where you had experienced anger, preferably one that no longer affects you currently.

1. What symptoms did you experience?
2. What was your response to your anger symptoms?
3. Was your response helpful?



Understanding Anger

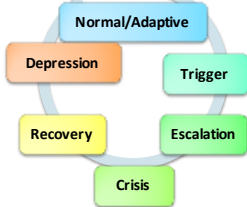
Before we discuss specific anger management strategies, it is helpful to first understand the nature of anger.

In this session, we will discuss

- The cycle of anger
- The fight or flight response
- Common myths about anger



The Cycle of Anger





Understanding Fight or Flight





Common Myths about Anger

- It's Bad emotion
- It needs to be unleashed
- Ignoring it will make it go away
- You can't control your anger
- If I don't get angry, I am a pushover.



Do's and Don'ts

Now that we've established that anger is a natural, unavoidable, and instinctual reaction, let's look at how we can respond to anger appropriately.

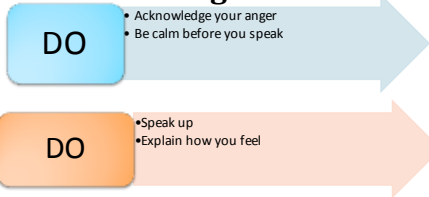


Unhelpful Ways of Dealing with Anger





Helpful Ways of Dealing with Anger





Gaining Control

Anger is instinctual, yes. It is an emotion that comes unbidden and we often don't have a choice whether we would be angry or not. What we can do however, is take control of our anger when it comes.

What are ways we can gain control over our anger?



A Word of Warning

Recognize the warning signs

Physical

Mental

Emotional

Behavioral



Using Coping Thoughts

- Calm down first, and think it through
- It may not be as bad as it seems
- You are capable of managing this situation
- It's alright to be upset
- What needs to be done immediately?



Using Relaxation Techniques

- Breathing Exercises
- Meditation
- Progressive Muscle Relaxation (PMR)
- Visualization
- Music



Blowing Off Some Steam

- Physical Activity
- Music/Singing
- Pillow Punching
- Writing



Separate the People from the Problem

Anger is not just personal. It can be relational as well. When managing anger that involves other people, it helps to have a problem-oriented disposition, setting personal matters aside. This way the issue becomes an objective and workable issue.

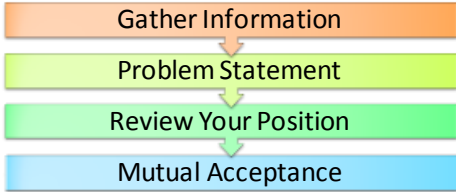


Objective vs. Subjective Language

- State Behaviors
- Don't be Vague
- Use Clear Terms
- Don't Assume Thoughts or Actions

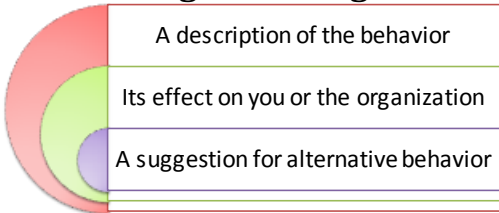


Identifying the Problem





Using "I" Messages





Working on the Problem

Constructive disagreement,
 Negotiation tips,
 Building a consensus and,
 Identifying solutions.

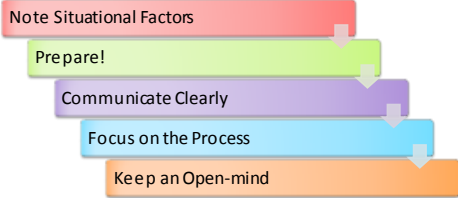


Using Constructive Disagreement





Negotiation Tips



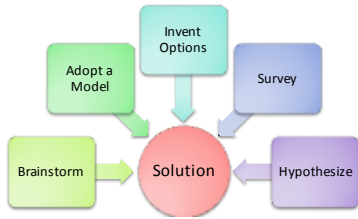


Building Consensus





Identifying Solutions



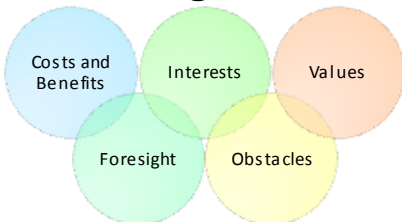


Solving the Problem

- Choosing a solution,
- Making a plan, and
- Getting it done.



Choosing a Solution





Making a Plan

- 1 Keep Your Goal Central to Your Plan
- 2 Concrete Steps
- 3 Resources You Would Need
- 4 Evaluate the Plan



Getting it Done



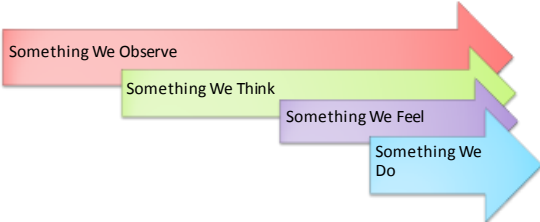


A Personal Plan

How to identify your personal hot buttons, and
 How you can be benefitted by keeping a
 personal anger log.

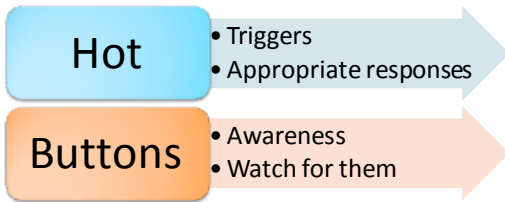


Understanding Hot Buttons





Identifying Your Hot Buttons





A Personal Anger Log

Increase Awareness of Anger Patterns



A Good Way to Blow Off Steam





The Triple A Approach

Anger is exacerbated by a feeling of victimization and helplessness. It helps to know then that we always have at least three options when dealing with an anger-provoking situation: you can alter, avoid or accept.



Alter

Change Non-Productive Habits

Respectfully Ask Others

Change the Way You View a Situation

Change the Way You React to a Situation



Avoid

People Who Make You Upset

Stressful Situations

Your 'Hot Buttons'



Accept



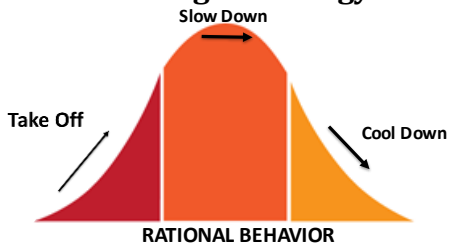


Dealing with Angry People

How we can effectively deal with angry people. The Energy Curve, de-escalation techniques, and guidelines on when to back away and what to do.



Understanding the Energy Curve





De-escalation Techniques

- Active Listening
- Personal Space
- Sense of Control
- Oriente Them
- Invite Criticism
- Agree if Possible
- Reiterate Your Support
- Set Limits



When to Back Away and What to Do Next



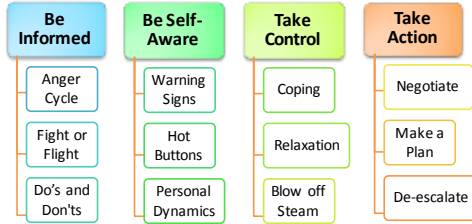


Pulling It All Together

How to effectively practice anger management techniques.



Process Overview





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Questions?

www.theextraedge.org