



Respectful Futures

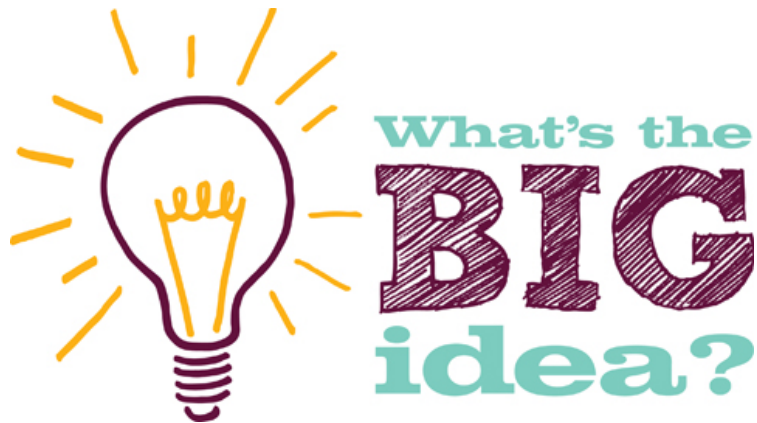
Shaping Healthy Relationships



Module 4

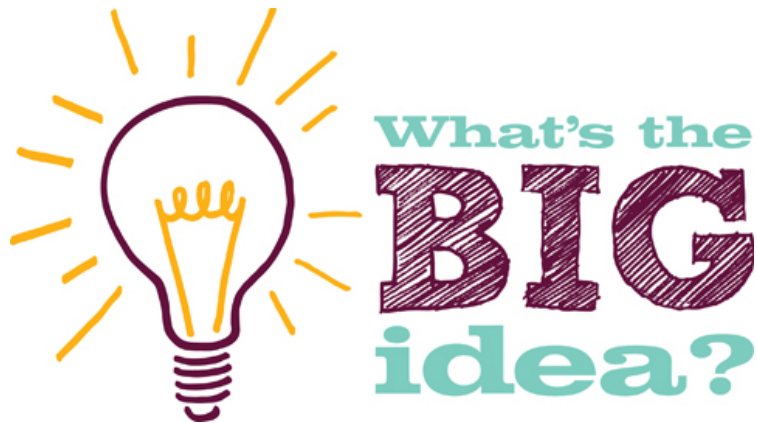
Understanding and Managing Anger

Big Ideas



Conflict is a natural part of being in relationship with others. How we deal with conflict determines whether a relationship is positive or negative, healthy or unhealthy.

Big Ideas



Understanding our own emotional responses to stress and stressors is an important part of gaining control of our lives and maintaining healthy relationships.

Discussion Question



Do you think anger is a bad thing?
Why or why not?

The Iceberg Model of Anger



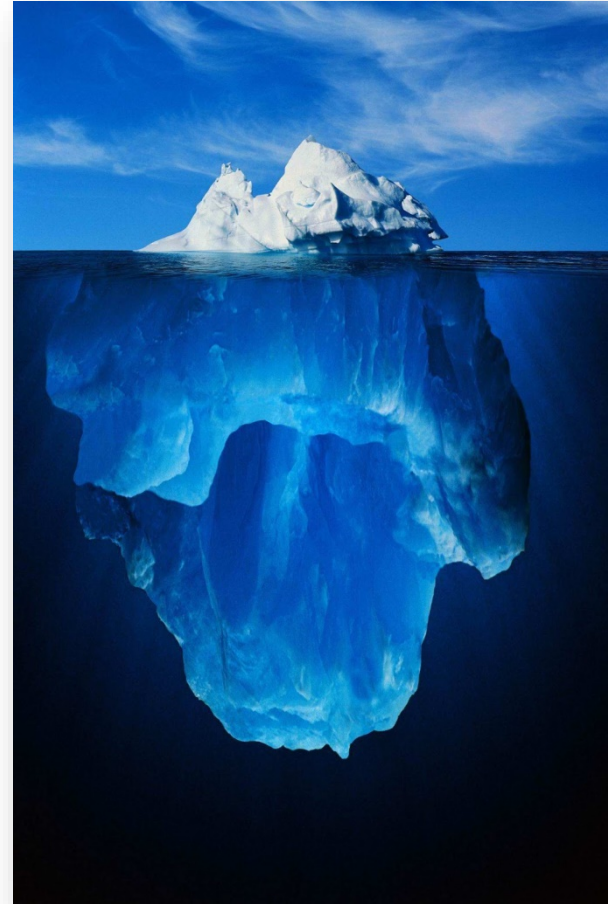
The Iceberg Model of Anger

- Anger appears to be the issue, but the real issue is the feelings below the surface.



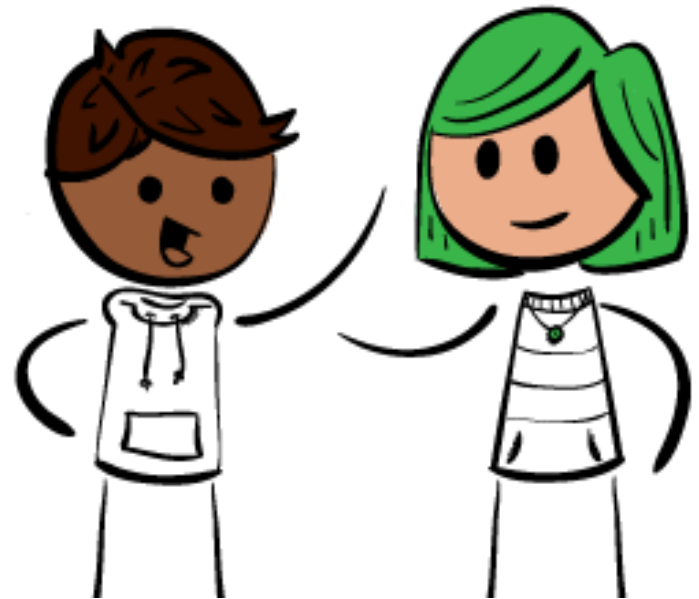
The Iceberg Model of Anger

- It may seem as though anger is all you feel, but if you slow down and breathe, you will discover other feelings.



The Iceberg Model of Anger

- *Solution:* Discharge the big energy without harming yourself or others. Then find someone you can talk with, and explore the emotions beneath the anger.



Three Questions to Ask Yourself When You Are Feeling Angry

- *What do I need to do to take care of myself right now?*

Breathe, take a time-out, go for a walk, practise positive self-talk, get underneath the anger to the primary feelings



Three Questions to Ask Yourself When You Are Feeling Angry

- *What do I need to do about the situation?*



Focus on what is important and true right now, represent myself clearly and openly, ask for what I need in a good way

Three Questions to Ask Yourself When You Are Feeling Angry

- *How can I do that respectfully?*

Use “I” statements, take time to cool down before you communicate, resist blaming the other person, choose your words carefully



Anger: What It Is (an emotion)



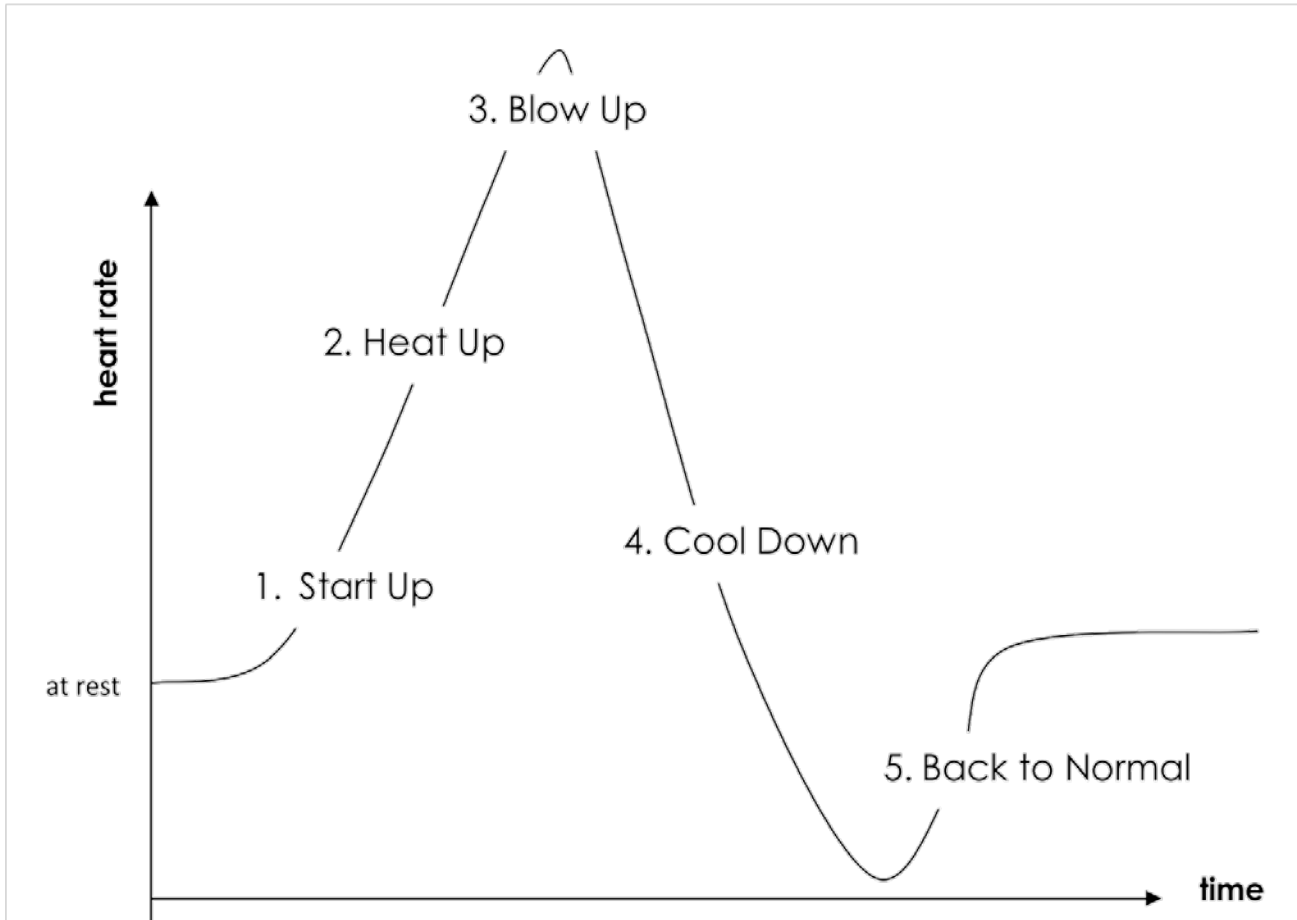
- An emotional response
- A window to other feelings
- A part of being assertive
- A doorway to getting to know others better
- A release
- A form of protection

Anger: What It Is NOT (a behaviour)



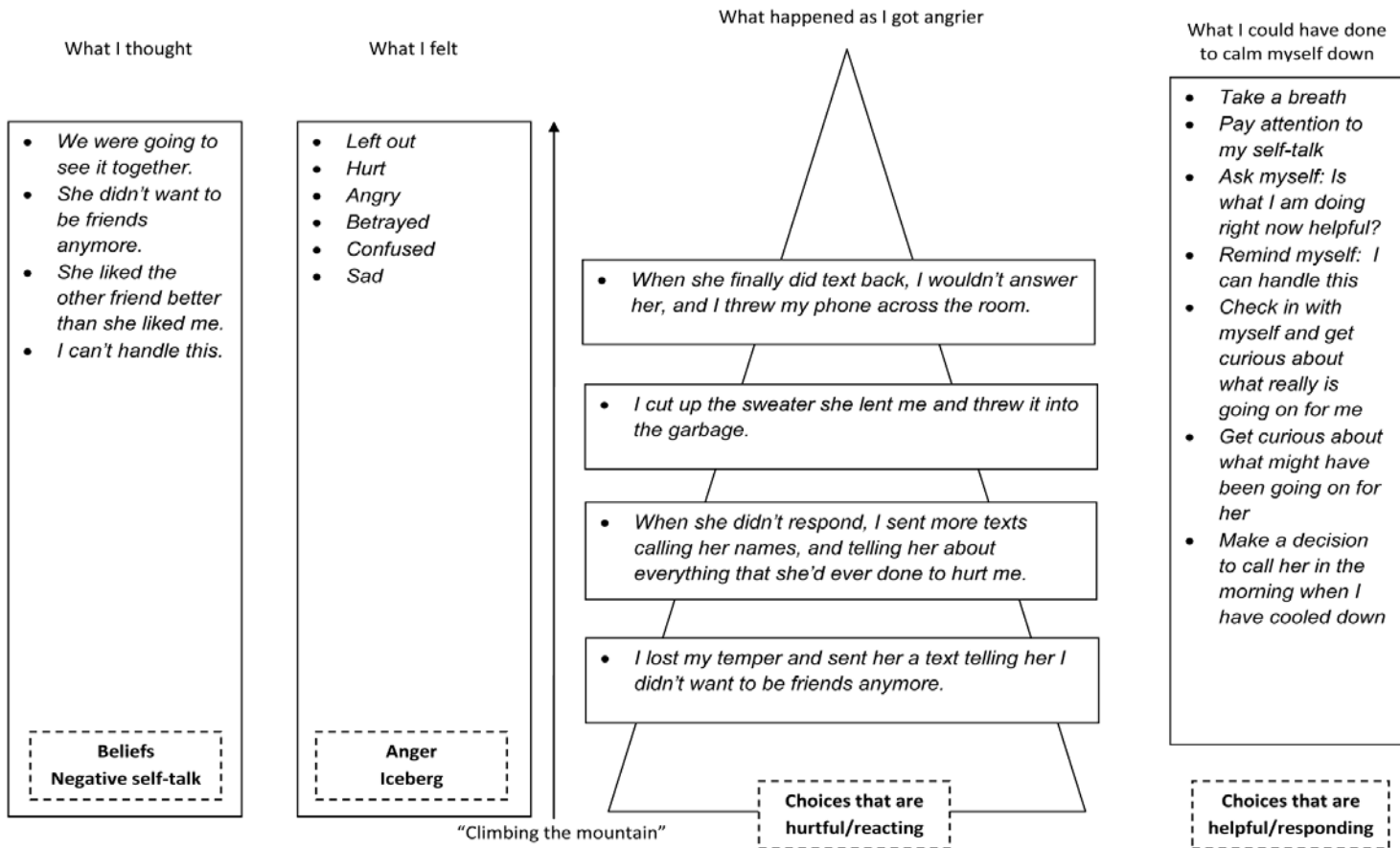
When we are angry, we act or behave in ways that can be negative or positive. Our actions are the result of the anger, and we can decide how to act so that we improve the outcome of the situation.

Stages of Anger



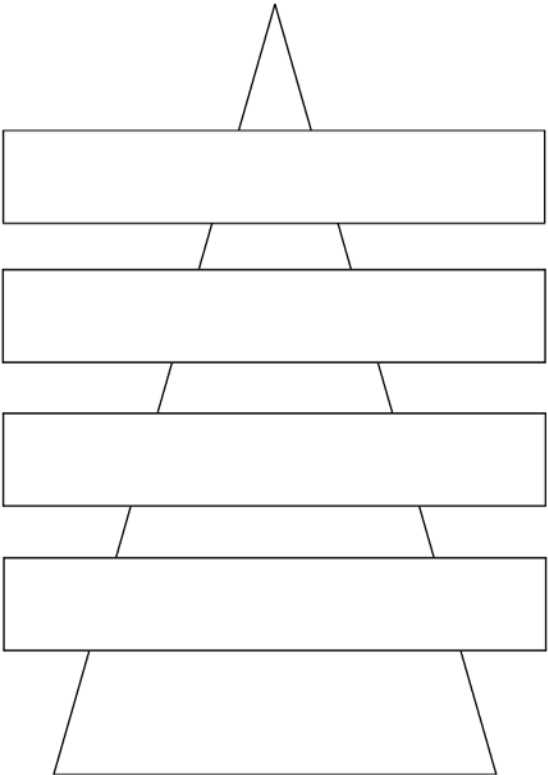
The Anger Mountain – Example

EVENT (Life happens): *My best friend and I were supposed to see a movie together. She went with someone else and I only found out because she posted how awesome the movie was.*



The Anger Mountain – Your Turn

EVENT:
Let yourself remember a time when something happened (life) and you felt angry

What I thought	What I felt	What happened as I got angrier	Things I can do to calm myself down
<div data-bbox="253 1068 459 1143" style="border: 1px dashed black; padding: 5px; text-align: center;">Beliefs Negative self-talk</div>	<div data-bbox="562 1068 768 1143" style="border: 1px dashed black; padding: 5px; text-align: center;">Anger Iceberg</div>	<div data-bbox="842 511 1392 1029" style="text-align: center;"><p style="text-align: center;">"Climbing the mountain"</p></div> <div data-bbox="1016 1165 1222 1240" style="border: 1px dashed black; padding: 5px; text-align: center;">Choices that are hurtful/reacting</div>	<div data-bbox="1491 1165 1698 1240" style="border: 1px dashed black; padding: 5px; text-align: center;">Choices that are helpful/responding</div>

Positive Steps for Dealing with Anger Respectfully

Respectful Ways of Feeling and Expressing Anger



Positive Steps for Dealing with Anger

Respectfully continued

Positive Self-Talk for Dealing with Anger



The Tool Box

- No Excuses
- Time-Outs
- Positive versus Negative Self-Talk
- Listening
- Remember ...

