

Job Corps TEST Project

Anger
Control
Workbook

Behavioral Science Associates

Anger Control OBJECTIVES:

- Help me stay *in control* by keeping my *cool*.
- Help me not get as angry.
- Help me not stay angry as long.
- Help me handle conflict situations.
- Help me get along better with others.

Anger Control REQUIREMENTS:

- Attend 6 weekly Anger Control Sessions on (day) _____; at (time) _____.
- Participate in session discussions and demonstrations.
- Complete Skill Card Role Play Assignments.
- Complete Workbook Assignments.
- Fill out Anger Logs.
- Bring Skill Cards and Workbooks to every Session.

Anger Control REWARDS:

- I will be able to stay in control and solve problems.
- I will be able to earn REWARDS:
 - _____ for 2 Skill Assignments;
 - _____ for Workbook Assignments;
 - _____ for Skill Checks;
 - _____ for video and session demonstrations.

Signed: _____

Witnessed: _____

Date: _____

Session 1 YOUR ANGER: How It Starts

Anger Lessons: How you handle anger and conflict is *not* inherited, you weren't born that way. It's something you learned. Most likely you learned it early from your parents and other adults. Take a look at your early lessons in anger by answering the following questions.

How did your mother act when she was angry? _____

How did your father act when he was angry? _____

How did you act as a child when you were angry? _____

How did you feel when people at home were angry? _____

How do you think that these early experiences effected you? _____

Who can you think of who has good & bad anger control skills?
bad skills: _____

good skills: _____

Who are you like when you are angry? How? _____

YOUR ANGER: Where It Came From

Good and Bad Anger Lessons: Some things we learned about anger might be right and true and some might be wrong and false.

Check any of the lessons below that you learned:

Bad Anger Lessons

Bad anger lessons are false.

The information is not helpful.

Examples of bad anger lessons:

- Might makes right.*
- You can't control how angry you get.*
- Anger happens automatically and suddenly.*
- It is best to let yourself get as angry as you want.*
- If you love someone, you won't get as angry at them.*
- You are not responsible for what you do when angry.*
- You can do what ever you have to to win and get even.*

Good Anger Lessons

Good anger lessons are true.

The information is helpful.

Examples of good anger lessons:

- It's not right to be a bully.*
- You can control how angry you get.*
- It takes time to make yourself really angry.*
- It is always best to stay in control of yourself.*
- It's normal to have disagreements but not to be violent.*
- Even when angry, you are responsible for what you do.*
- It may be better to try to get over it and work things out.*

Did you learn any bad anger lessons while growing up?

- yes
- no

YOUR ANGER: You Can Control It

Anger and Temper Are Not Inherited Because we begin modeling others and learning how to act when angry from birth, we sometimes think that these behaviors are inherited and that we can't control them. It is important to remember that we can learn to control our anger.

What Is Inherited: Color of eyes and body type are inherited from our parents.

What Is Not Inherited: Temper, attitude, and what you do (your behaviors) are *not* inherited. They are learned. Learning starts at birth.

Control: We can't change and can't control what we inherited; but, we can change and control what we have learned.

Question: Which of these can we change?

- | | |
|--|---|
| <input type="checkbox"/> color of our eyes | <input type="checkbox"/> attitude when bothered |
| <input type="checkbox"/> what we do when angry | <input type="checkbox"/> body type |

Caution!

Trick

Question

People who grow up in a family with a lot of anger and violence are likely to have trouble with their own anger. This is because:

- (a) they inherited it
- (b) they learned bad anger lessons
- (c) they didn't learn good ways of controlling anger
- (d) b and c, but not a

Answer: (d) b and c, but not a. They learned some bad lessons and didn't have the chance to learn good ones. But, it's not too late to learn anger control now. And, that's what this program is all about- unlearning old bad lessons and learning good new ones.

You Can Control Your Anger

Session 1 Homework Assignment

Skill Card Assignment

<p>Anger Control 1 Role Play Introduction</p> <p>Giving A Compliment</p> <ol style="list-style-type: none"> 1. DECIDE what you want to tell the other person. 2. DECIDE how you want to say it. 3. CHOOSE a good time and place. 4. LOOK at the person. 5. TELL them the compliment in a friendly way.

	Situation	Date	Staff
<input type="checkbox"/> Role Play #1	_____	_____	_____
<input type="checkbox"/> Role Play #2	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____

Workbook Assignment

	Page
<input type="checkbox"/> Anger Lessons	3
<input type="checkbox"/> Bad Anger Lessons	4
<input type="checkbox"/> Good Anger Lessons	4
<input type="checkbox"/> Did You Learn Any Bad Lessons?	4
<input type="checkbox"/> Which Things Can We Change?	5
<input type="checkbox"/> Why Do People Have Trouble With Anger?	5

Session 2 ANGER BEHAVIORS

Anger Behaviors: People act in different ways when they are angry.

Your Anger Behaviors: What do you do *now* when you are angry?

- | | |
|---|--|
| <input type="checkbox"/> shake | <input type="checkbox"/> get quiet |
| <input type="checkbox"/> swear | <input type="checkbox"/> breathe heavy |
| <input type="checkbox"/> yell | <input type="checkbox"/> think about fighting |
| <input type="checkbox"/> get an attitude | <input type="checkbox"/> muscles get tight |
| <input type="checkbox"/> make a fist | <input type="checkbox"/> want to leave |
| <input type="checkbox"/> get hot | <input type="checkbox"/> think about getting even |
| <input type="checkbox"/> threaten others | <input type="checkbox"/> tell myself it's not fair |
| <input type="checkbox"/> can't stay still | <input type="checkbox"/> remember past anger |
| <input type="checkbox"/> break things | <input type="checkbox"/> have a temper tantrum |
| <input type="checkbox"/> stomach hurts | <input type="checkbox"/> feeling hot and flushed |
| <input type="checkbox"/> other: _____ | <input type="checkbox"/> other: _____ |
| <input type="checkbox"/> other: _____ | <input type="checkbox"/> other: _____ |

Good and Bad Anger Behavior: Some things we do when we are angry are good for us and some are bad for us.

Good Anger Behavior

Good anger behaviors help us solve problems, get what we want, and feel better.

Examples of good behaviors:

- | | |
|---|-------------------------------------|
| <input type="checkbox"/> stick up for ourselves | <input type="checkbox"/> try harder |
| <input type="checkbox"/> have more energy | <input type="checkbox"/> _____ |

Bad Anger Behavior

Bad anger behaviors get in the way of solving problems, don't help us get what we want, and we feel bad.

They may get us into trouble. Examples of bad behaviors:

- | | |
|---------------------------------------|--------------------------------|
| <input type="checkbox"/> run away | <input type="checkbox"/> fight |
| <input type="checkbox"/> lose control | <input type="checkbox"/> _____ |

Do you have any bad anger behaviors?

- yes
 no

ANGER CHANGES

Anger Changes. When we are angry there are changes in our thinking, feelings and our behavior.

1. **Thinking** is what we tell ourselves- our ideas, what we remember, what we imagine doing. Examples: thinking bad thoughts, thinking about getting back at somebody, thinking about other things that you got angry about, and thinking that it's not fair.
2. **Feelings** are emotions, moods, and sensations. Examples: feel upset, hot, afraid, mad, and sick.
3. **Actions** are behaviors or what we do. They are based on our thinking. Examples: fighting, swearing, and getting in somebody's face.

Your Anger Changes: Review the list on page 7 and see if you can decide which are examples of thinking, feelings, and actions. Then list how you think, act, and feel now when you are angry.

Think: _____

Feel: _____

Act: _____

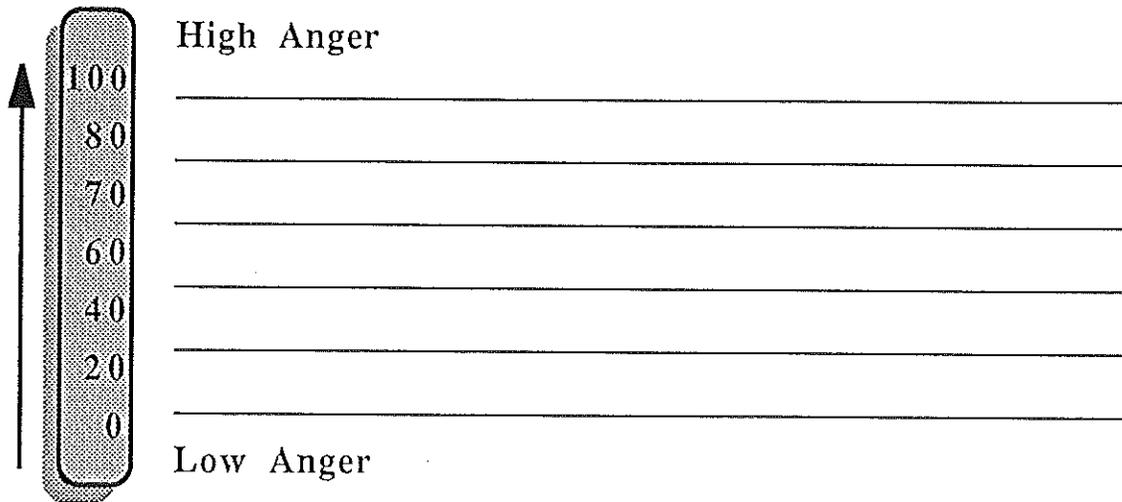
ANGER SIGNS

Getting Angry. It is important to recognize that anger does not happen suddenly and without warning. Just as it takes awhile for a car to go from standing still to 100 miles per hour, it takes time to work your anger up.

Anger Signs: As you work yourself to higher levels of anger, there are changes that take place in your thinking, feelings and actions. To keep your anger from sneaking up on you, you have to recognize the changes that *signal* that you are starting to get angry.

To do this, think first about what you do when you are really angry. Now, think about what you do before you are really angry. What you do before you were really angry are your anger warning signals.

Example: Think of a time when you were angry and write at 0 what you felt like before you were angry, at 20 the changes as you first started to get angry, on up to the highest level of anger at 100.



Key **Recognize Your Anger Signs.** What you do when you first begin to get angry (the things you wrote at 20 & 40 are the signals that you are beginning to work yourself up. To be able to stop yourself from getting really angry (80-100) you need to catch yourself when you are just a little angry (20-40). It is much easier to stop a car that is going 20 mph than it is one that is going 100.

Anger Log I

Time/ Day	Event	Level (0-100)	Anger Changes/Warning Signals
1.			Think: Feel: Act:
2.			Think: Feel: Act:
3.			Think: Feel: Act:
4.			Think: Feel: Act:

Session 2 Homework Assignment

Skill Card Assignment

Anger Control 2

Taking It

1. LISTEN calmly to what the person has to say.
2. ASK them to explain.
3. ASK what they want you to do.
4. TELL them that you UNDERSTAND.
 AGREE and apologize. or,
 Ask if you can tell your side.

	Situation	Date	Staff
<input type="checkbox"/> Role Play #1	_____	_____	_____
<input type="checkbox"/> Role Play #2	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____

Workbook Assignment

	Page
<input type="checkbox"/> Your Anger Behaviors	7
<input type="checkbox"/> Do You Have Any Bad Anger Behaviors	7
<input type="checkbox"/> Your Anger Changes	8
<input type="checkbox"/> Your Anger Signs	9
<input type="checkbox"/> Anger Log I	10

Session 3 EVALUATING YOUR ANGER

Short-Term and Long-Term Effects: Some things we do can be both good and bad. They make us feel good at first and have bad effects later. To decide what is good for us we have to think about the short-term and the long-term effects or results.

Short Term Effects

Short-term effects are what happen right away. The short term effects of getting angry are often good. At first, we may feel right, strong, and good about getting angry and even about hurting others.

Long Term Effects

Long-term effects are what happen to us later. Long-term effects are usually more important than short term ones. Later we may feel sorry, guilty, make others mad at us, or get in trouble if we get too angry.

Example: Janet got angry with her boyfriend and broke his boom box. While she was doing it, she felt better. She was glad that she was getting him back. Later, he found out who did it and broke up with her. Then somebody told the staff and they made Janet pay for the damages.

What were the short-term effects? _____

What were the long-term effects? _____

Was breaking the box good or bad anger behavior? good; bad.

Which effects were most important? short-term; long-term.

Some Long-Term Effects: Here are some ways that anger can get people into trouble. Check any that have happened to you.

- | | |
|--|---|
| <input type="checkbox"/> make mistakes | <input type="checkbox"/> lose at sports |
| <input type="checkbox"/> get in fights | <input type="checkbox"/> get demerits |
| <input type="checkbox"/> get fined | <input type="checkbox"/> act dumb |
| <input type="checkbox"/> go to jail | <input type="checkbox"/> lose friends |
| <input type="checkbox"/> other: _____ | <input type="checkbox"/> other: _____ |

Think About Short & Long-Term Effects

Is Anger A Problem For You? There can be both *good* and *bad* things about making yourself angry. Good things might be that it may make you feel strong, get people's attention, or get them to do what you want. The bad may be that it ruins friendships or causes legal problems. In the Job Corp it could mean getting written up, restricted, or even sent home.

Anger Pros & Cons. On the table below, use thinking ahead to consider **short and long-term consequences** to list the "pros" and "cons" of your anger. For each advantage list the potential disadvantages.

Pro (Good)	Con (Bad)
1.	
2.	
3.	
4.	
5.	

Is Anger A Problem for You?

Think about:

- 1) the Bad Anger Lessons (page 4),
- 2) the Bad Anger Behaviors (page 7);
- 3) the Long-Term Consequences (page 13 & 14); and
- 4) the Pros and Cons (this page).

And, decide if anger is ever a problem for you?

- no, anger is never a problem for me.
- yes, anger is sometimes a problem I should work on.

Assignment: Use the Anger Log II (next page) to record times that you get angry and the short and long-term consequences of your anger.

Anger Log II

Time/ Day	Event	Level (0-100)	Outcome Consequences
1.			Short-Term: Long-Term:
2.			Short-Term: Long-Term:
3.			Short-Term: Long-Term:
4.			Short-Term: Long-Term:

Session 3 Homework Assignment

Skill Card Assignment

<p>Anger Control 3</p> <p>Giving It</p> <ol style="list-style-type: none"> 1. ASK if you can talk to the person. Stay calm. 2. SAY something positive. 3. TELL them what's on your mind. 4. ASK them if they understand. Ask for change or, Ask how the person feels about it. 5. THANK them for listening, if you can.
--

	Situation	Date	Staff
<input type="checkbox"/> Role Play #1	_____	_____	_____
<input type="checkbox"/> Role Play #2	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____

Workbook Assignment

	Page
<input type="checkbox"/> Some Long-Term Effects	12
<input type="checkbox"/> Thinking Ahead: Consequences	13
<input type="checkbox"/> Consequences of Losing & Keeping Control	13
<input type="checkbox"/> Anger Pros & Cons	14
<input type="checkbox"/> Is Anger A Problem For You	14
<input type="checkbox"/> Anger Log II	15

Session 4 ANGER CONTROL

Who Controls Your Anger? To stay in control, we have to recognize:

- 1) that we make ourselves angry; and
- 2) the way we make ourselves angry.

Caution!
Trick
Question

Who is it that makes you angry?

- (a) a few people
- (b) just about everybody
- (c) myself

Answer: (c) myself. The fact is, there is only one person who can make you angry and that is you. Other people may not do what you want, and they may treat you badly (get in your face). They may even try to make you angry. However, you control your thinking and behavior. So, you control your anger.

How Anger Works. The wrong & the right ways to think about anger.

This
Is Not
True

Lots of people think about anger like this.

Have you ever had any thoughts like these?

Do you know why they are *not* true?

- She made me angry.*
- He is driving me crazy.*
- It's not my fault. She made me do it.*
- It makes me upset when things aren't fair.*

This
Is
True

We make ourselves angry with the thoughts that we think. When we think hot thoughts like these, we make ourselves angry.

- I made myself angry.*
- I am thinking thoughts that are driving me crazy.*
- It's up to me. Nobody makes me do anything.*
- I upset myself when things aren't fair.*

**We Get Ourselves Mad, &
We Get Ourselves in Trouble**

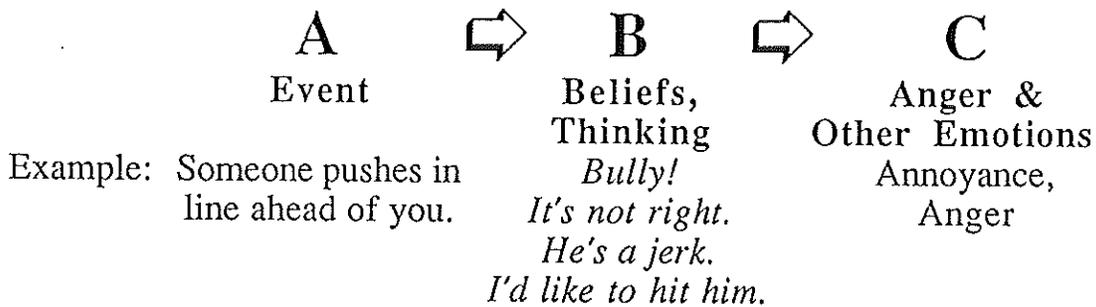
The A-B-C's of Anger

How Thinking Causes Anger. The example shows how *our* thinking and our beliefs make us angry. The fact is, we can not get angry if we don't think about the event that has happened in a hot self-angering way.

This Is How We Think Anger Works:



This Is How Anger Really Works:



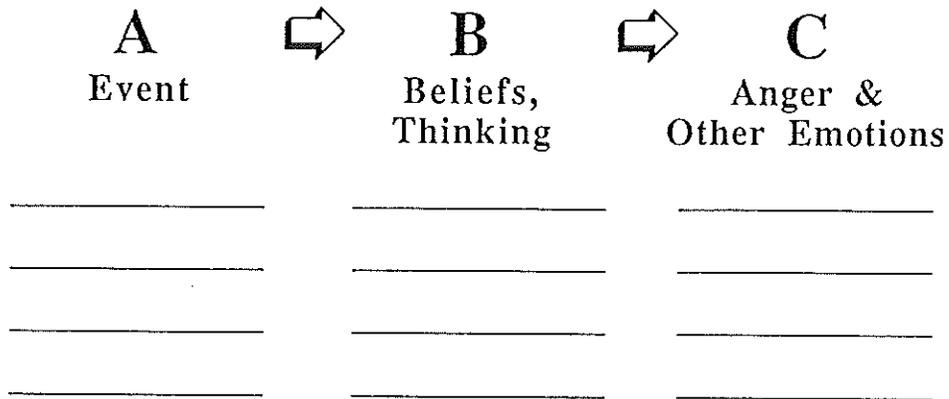
The A-B-C Example shows how *our* thinking and our beliefs make us angry. The fact is, we can not get angry if we don't think about the event that has happened in a hot self-angering way. If something happens but we don't see it and think about it in a hot way we won't make ourselves angry.

Question. Write what would you feel if you saw that the person who pushed in line was carrying a white cane, wearing dark glasses and appeared to be blind?



The Anger A-B-Cs Exercise

In the figure below, describe an incident when you experienced anger recently and include the role that your thinking played in the anger.



Blame. We like to blame our anger on others. We think that they make us angry and get us in trouble. But, we get ourselves angry, and we get ourselves in trouble. Examples, "*my teacher makes me mad*" or, "*my dorm manager drives me crazy*".

Caution!
Trick
Question

Why do we like to blame others for our anger?

- (a) it is easier
- (b) it feels good to think that we are right and it's somebody else's fault
- (c) then we don't have to feel responsible
- (d) we don't understand how we make ourselves angry
- (e) all the above

Answer: (e) all the above. There are lots of reasons why we blame others for our angry. But, they are all wrong. When we understand this, we can start controlling our anger. We grow up thinking that we can't control our anger, so this sounds new (or even crazy). It may take time and practice to recognize how we make ourselves angry.

Nobody Else Can Make You Angry. Even if they wanted to, nobody can make you start the thinking that makes you angry and nobody can make you keep doing it. So, nobody else can make you angry.

Nobody Can Make You Think Anything!

Anger Log III

Time/ Day	A Event	B Beliefs	C Emotion
1.			
2.			
3.			
4.			

Session 4 Homework Assignment

Skill Card Assignment

Anger Control 4

Working It Out

1. TELL the person calmly what you want.
2. LISTEN to their response.
(if they don't agree)
3. ASK them if they have another way to deal with the problem. (if you don't agree)
4. SUGGEST a COMPROMISE.
5. REPEAT until you reach an agreement.

	Situation	Date	Staff
<input type="checkbox"/> Role Play #1	_____	_____	_____
<input type="checkbox"/> Role Play #2	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____

Workbook Assignment

	Page
<input type="checkbox"/> Who Is It That Makes You Angry?	17
<input type="checkbox"/> A-B-C Question	18
<input type="checkbox"/> The A-B-C Anger Exercise	19
<input type="checkbox"/> Anger Log	20

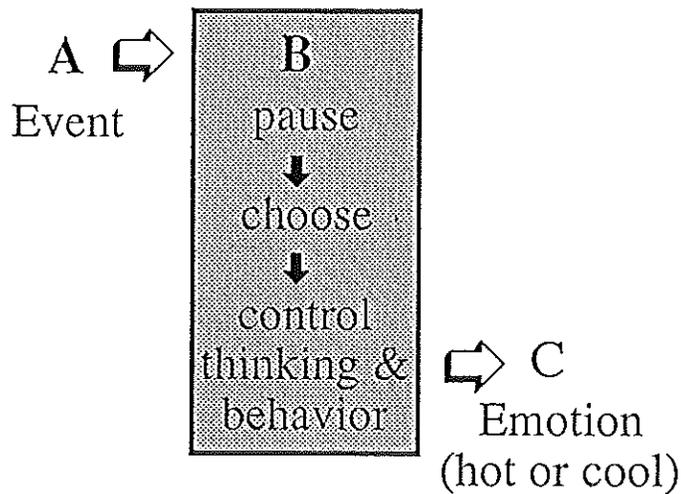
Session 5 THE KEYS TO CONTROLLING ANGER

The last two sessions will summarize the key steps in controlling anger. It is really very simple to control your anger.

All you have to do is:

1. Recognize behaviors that signal you're getting angry (pg 9).
2. Pause and use reminders to stay in control (pg 22).
3. Choose what is in your best interest (Thinking Ahead, pg 13).
4. Control your anger by controlling your thinking (pg 28).

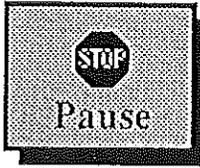
Anger Control Steps:



1. Recognize Your Anger Signs. Look back at the changes that signal when you are getting angry that you listed on pages 8 & 9 and summarize them below:

**To Get What You Want
You Have to Stay in Control**

2. Pause



Pause Techniques. The second step in anger control is to pause and get control. When you experience some of your anger signs, there are lots of ways to pause, slow things down and keep control. We will describe 4 ways to pause:

- Count To Ten
- Repeat *anger control reminders*
- Deep Breathing
- Use *distracting behaviors*

Pause Techniques. Review the following, and select the ones that will help you slow things down and stay in control.

1. **Count To Ten.** Just look away from the thing that you are getting upset about and slowly count from 1 to 10 to yourself. This is a simple way of distracting yourself from hot thoughts.
2. **Take A Deep Breath.** This technique is used by athletes and others who need to calm themselves down.
 - Breathe in slowly through your nose, filling your lungs.
 - Hold the breath in for a moment.
 - Slowly exhale through your mouth.
 - As you exhale, let your muscles relax and say calming words to yourself- *calm....relax...chill out.*
3. **Anger Control Reminders.** Talk to yourself using positive self-instruction statements. Select or write your own statement that you can repeat to yourself at the 4 stages of an anger arousing situation.
 1. **Preparation-** when you begin to think about the stressful situation.
 - I can handle this.*
 - Stop worrying and just do it*
 - _____
 2. **Confrontation-** during the conflict or stress.
 - I'm cool and in control.*
 - Take it one step at a time.*
 - _____
 3. **Arousal-** as you begin to get upset.
 - Take a deep breath.*
 - Keep your cool.*
 - _____
 4. **Afterward-** use these statements to self-reward.
 - I kept my cool.*
 - Log it- another success.*
 - _____

Pause Techniques (continued)

4 Distracting Behaviors. List behaviors that you can use to distract yourself.

- exercise
- talk to a friend
- go off by yourself
- watch TV
- other: _____
- other: _____
- listen to music
- talk to staff
- sleep
- think about pleasant things
- other: _____
- other: _____

Your Best Pause Techniques List the Pause Techniques you will use:

_____	_____
_____	_____
_____	_____

3. Choose How Much and How Long You Want to be Angry.
 You always have a choice. Remember that nobody else can make you mad. Use your *Thinking Ahead* skills to consider the *long-term consequences* of losing control.

Remember:

Anger control is <i>not</i> giving up losing wimpy	Anger control <i>is</i> : taking control likely to result in winning self mastery
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Anger Log IV

Time Day	Event	Pause Techniques	Outcome/Consequences
1.			
2.			
3.			
4.			
5.			

Session 5 Homework Assignment

Skill Card Assignment

Anger Control 5
Keeping Out of Fights
1. STOP and THINK about why you want to fight.
2. DECIDE what you want to happen later.
3. COME UP with of other ways to handle it.
4. THINK ahead- "If-then" thinking.
5. CHOOSE what's best for you and DO IT.

	Situation	Date	Staff
<input type="checkbox"/> Role Play #1	_____	_____	_____
<input type="checkbox"/> Role Play #2	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____

Workbook Assignment

	Page
<input type="checkbox"/> Recognizing Your Anger Signs	22
<input type="checkbox"/> Anger Control Reminders	23
<input type="checkbox"/> Distracting Behaviors	24
<input type="checkbox"/> Your Best Pause Techniques	24
<input type="checkbox"/> Anger Log IV	25

Session 6 3 CONTROLLING ANGRY THOUGHTS

The last step in controlling anger is to: 1) recognize the hot self-talk you are using to make yourself angry; then, 2) substitute hot with cool self-talk.

Hot Thoughts: There are only a few types of hot self-talk we use to make ourselves angry. Any time you get and stay angry, you are using some of the following types of thinking. Check all that you use to make yourself angry.

- __1. **Labeling-** calling someone bad names. Not seeing that they are both good and bad, but thinking of only the bad.
Examples: *That jerk. That idiot.*
- __2. **Mind-reading-** thinking that we know why a person did what they did. Rather than think that something was an accident, we usually decide that they did it to us on purpose, that they wanted to hurt us.
Examples: *The staff is trying to get me in trouble. She is trying to take advantage of me..*
- __3. **Fortune-telling-** thinking that we know what will happen in the future. We decide that things will keep happening over and over. We upset ourselves about things that haven't even happened yet.
Examples: *There is no use in trying. He will always be like this.*
- __4. **Awfulizing-** exaggerating the importance of something bad. Thinking that something is much worse than it really is. Talking ourselves into thinking that it is terrible.
Examples: *It's horrible. It's driving me crazy. I can't stand it. I can't help it.*
- __5. **Should statements-** thinking that what I want has to happen. Just because I would like it to be, it's got to be or it should be. Thinking that things are not fair as if a law or rule was broken and that they should and must be different.
Examples: *It's not fair. She shouldn't act that way. She can't get away with it.*
- __6. **Vengeance-** thinking that you have to get even. Wanting to hurt the person you're mad at.
Examples: *I have to punch her out. It makes me want to hit him. People will think I'm a wimp if I don't stick up for myself.*

Warning: These thoughts are usually untrue.

How That Your Thoughts Make You Angry. Read about how hot thoughts cause anger below. Check off each statement when you thoroughly understand how it works.

- __1. Recognize the automatic, *hot thoughts* which cause your anger. Which of the thoughts listed on page 27 do you use to make yourself angry:
- | | |
|--|--|
| <input type="checkbox"/> Labeling | <input type="checkbox"/> Awfulizing |
| <input type="checkbox"/> Mind-reading | <input type="checkbox"/> Should statements |
| <input type="checkbox"/> Fortune-telling | <input type="checkbox"/> Vengeance |
- __2. Thinking can be seen as *self-talk* when we repeat certain sentences to ourselves. The sentences may be true or false, hot or cool.
- __3. When you get angry, your *self-talk* is hot.
- __4. Its the hot self-talk sentences you tell yourself that fuel your anger.
- __5. You cannot get angry unless you repeat the hot sentences to yourself; and, you will stay angry only as long as you keep thinking the hot statements.
- __6. When you stop thinking the hot self-talk, you will stop being angry.

Thinking = self-talk
Anger = hot self-talk

Hot self-talk
is the B (thinking)
in the ABC's of anger

Substituting Cool Thoughts For Hot Thoughts. Read the suggestions below for changing any of your hot thoughts to cool self-talk.

1. **Labeling-** Try to see both the good and bad in the other person. Think about what they have done, not who they are. Use the person's name- not a label. Remember, "we all make mistakes, even when we try to do good, we can still let each other down.. Example: Not- "He's a jerk," but- "I don't like what John is doing."
2. **Mind-reading-** Think about their behavior. Don't guess why they may be doing it. Example: Not- "She is trying to hurt me on purpose," but- "I can't read her mind, so I really don't know why she is doing this."
3. **Fortune-telling-** Nobody knows what will happen in the future. We are only guessing. If you think that things won't get better, they probably won't. Don't use the words *know* and *never*. Example: Not- "I know she will never change"; but, "I can do my best and hope things get better".
4. **Awfulizing-** Don't exaggerate and don't work yourself up. Ask yourself if it is really that bad and is it all that important. Most things are just not as important as we first think they are. Example: Not- "She is driving me crazy"; rather, "it's not fun, but it's not the end of the world".
5. **Should statements-** Things probably won't go just the way you want. They often work out all right. The world was always going to be fair. Example: Not- "She should not treat me this way, it's not fair"; rather, "it would be nice if she did it my way."
6. **Vengeance-** You don't have to get even. Trying to get even can keep the conflict going and get you in more trouble. It can be more macho to control yourself than to lose it and try to get even.

Substitute Cool for Hot Thoughts

Substituting "Cool" for "Hot" Self-Angering Thoughts

List the hot self-talk you use to make yourself angry. Then write down one or two cool thoughts for each. Practice substituting "cool" for "hot" and watch your anger go down when you do this.

Hot Thoughts	Cool Thoughts
1. Labeling _____	_____
2. Mind-reading _____	_____
3. Fortune-telling _____	_____
4. Awfulizing _____	_____
5. Should statements _____	_____
6. Vengeance _____	_____

Anger Control Key Steps Summary

- ⌘ 1 Recognize when you are getting angry.
 - your anger signs
 - hot thoughts
- ⌘ 2 Pause and slow things down to stay in control.
 - count to 10, deep breathing
 - reminders & distractors
- ⌘ 3 Choosing what you want to happen.
 - thinking ahead
 - long-term consequences
- ⌘ 4 Controlling your hot self-talk.
 - recognize hot thoughts
 - substitute cool for hot thoughts

Session 6 Homework Assignment

Skill Card Assignment

Anger Control 6

Keepin' Your Cool- The A-B-Cs of Anger

1. RECOGNIZE- anger signs and hot thoughts.
2. PAUSE- breathing, reminders & distractors.
3. CHOOSE- thinking ahead, long-term consequences.
4. CONTROL anger by controlling your hot thoughts.

Labeling	Mind-reading
Fortune-telling	Awfulizing
Should statements	Vengeance

	Situation	Date	Staff
<input type="checkbox"/> Role Play #1	_____	_____	_____
<input type="checkbox"/> Role Play #2	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____
<input type="checkbox"/> Extra Credit	_____	_____	_____

Workbook Assignment

	Page
<input type="checkbox"/> Hot Thoughts	27
<input type="checkbox"/> How Your Thoughts Make You Angry	28
<input type="checkbox"/> Substituting Cool for Hot Thoughts	30
<input type="checkbox"/> Anger Control Key Steps Summary	30
<input type="checkbox"/> Anger Log V	32

Anger Log V

Time Day	Event	Level (0-100)	Automatic Hot Thoughts	Outcome