



ANGER MANAGEMENT RECIPE

PROCEDURE:

1. Buy Yourself Some Time!!!!
2. Ask Yourself These Questions:
 - Is this situation in any way similar to an experience from my past?
 - How important is my relationship with this person?...What's my level of commitment?
 - What other things are going on in my life?
 - What's at risk in this situation?
3. Prior to class, write the Anger Management Recipe on the board.
4. Introduce the activity by asking: *How many of you have heard that the best thing to do when you are angry is to count to ten? Where do you suppose that idea came from?*
5. Facilitate student input, jotting ideas on the board. Briefly elaborate at appropriate points, referring to the "Anger Management Recipe" on the board and incorporating ideas from "Information to Share" in the following lesson, Sequencing Anger. Concepts to cover include:

OBJECTIVES:

Students will discuss and practice a method of managing anger.

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PROCEDURE:

(Continued)

NOTES:

- Counting to ten gives us time to calm down and gain control.
- Sometimes we react to the current situation because it reminds us of one from our past that didn't go well. It's like a reflex--probably a defensive one.
- The relative importance of the relationship often determines how much effort we're willing to put into resolving a conflict.
- Unrelated events or conditions in our lives may cause us to overreact emotionally and/or distort the importance of the conflict. Sometimes we displace feelings from one situation to another.
- The more at stake in a conflict, the more care we need to take obtaining a good resolution.

6. Have the students form pairs. Tell them to take two minutes each to describe the very first thing they typically do when they feel angry. (Signal the students when it is time to change speakers.)

7. After each student has shared, reconvene the group and ask the students to call out the behaviors they described to their partners while you list them on the board. When you have finished, point to the list and ask:

- *When you respond this way, do you think about it first, or is your reaction automatic?*
- *If it's automatic (a style of responding), how can you make your first response more reasoned (a strategy)?*

8. Clarify that time is what is usually needed in order to choose an effective strategy instead of simply reacting. Go back to the recipe on the board and review the main concepts. Facilitate a culminating discussion.

DISCUSSION QUESTIONS

In what ways can the Anger Management Recipe help you?

What is the hardest thing about following this recipe?

Why is it difficult to stay in control when we are angry?

What is the most important ingredient in the recipe? Explain.

DISCUSSION QUESTIONS:

EXTEND / ADAPT THIS LESSON

Have the students participate in a second group in which they describe to their partner what they typically do when anger is directed at them.

Related worksheets:

- “Anger Journal”
- “Dealing With Anger”

EXTEND / ADAPT THIS LESSON:

NOTES:

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