Slide 1: Understanding and Reducing Anger

Slide 2: Objectives

- Define anger and describe its triggers.
- Explain the Anger Episode Model.
- Recognize three anger management skills and apply those skills to personal situations.

Slide 3: Facts About Anger

- Normal human emotion varying in intensity from mild irritation to intense fury and rage
- Arises in response to a mismatch between what we want to happen and what actually happens
- Occurs 2 to 3 times a week
- Sometimes helpful and sometimes harmful
- Is it problematic?
    - Frequency, intensity, or duration
    - Outcomes
    - Negatively impacts relationships

Slide 4: Personal Triggers

Many everyday events provoke anger:

- Frustrations
- Daily hassles and stressors
- Evaluation of situation
- Expectations about how things ought to be

Slide 5: Scenario: Mike and Jen

Before his deployment, Mike regularly took his son Jacob to little league practice. After Mike was deployed, Jen took over. Now that Mike is back, Jen does not want to give up this activity. She enjoys watching Jacob practice and talking with the other parents with whom she has made several friends. When Jen says she will be taking Jacob to little league this week, Mike sees himself as being left out. He becomes really angry and argues with Jen. During the argument, Mike calls Jen derogatory names and says she should not get in the way of him reconnecting with his son. He throws a coffee mug against the wall and storms out of the house.

Slide 6: An Anger Trigger

- Sets the stage for anger
- Can be anything
- Some are shared; some are personal
- What was Mike's trigger?

Slide 7: Appraisal

- What we think about a trigger
- Differences in thought explain differences in emotion
- Some thoughts lead to more anger, some to less
- What was Mike's appraisal?

Slide 8: Experience

- Physical symptoms
  - Increased heart rate, faster breathing, sweating
- Replaying and dwelling on the issue
- Intensity and duration of anger

Slide 9: Expression

- Action taken when angry
- Any form of action or non-action
- Expressive patterns learned from our environment
- What were Mike's expressions?

Slide 10: Outcomes

- The results of anger expression:
  - Positive and negative
  - Short term and long term

Slide 11: Anger Episode Model Wrap-Up

- Trigger
- Appraisal
- Experience
- Expression
- Outcomes

Slide 12: Avoidance and Escape

Prevention of anger episodes:

- Know triggers and avoid triggering situations
- Prepare yourself to handle triggers
- Take a time out to cool off

Slide 13: Problem-Solving and Cognitive Restructuring

- Focus on handling the problem
- Avoid absolute language
- Restructure thoughts
  - Try to be less dramatic and more logical
- Define the problem
  - Be specific and objective
- State your goals clearly

Slide 14: Solutions

- Generate solutions
- Evaluate each possible solution by considering:
  - Pros and cons
  - Degree to which it solves the problem
  - Effort required
  - Emotional, social, and physical effects
- Do not be hard on yourself if you cannot solve a problem right away

Slide 15: Assertiveness

- Assertiveness = honest and appropriate communication of thoughts, desires, and feelings while respecting the rights of yourself and others
- Aggressive communication = trying to get what you want at the expense of the other person's rights
- Non-assertive communication = not communicating at all or doing so indirectly; not respecting your own rights

Slide 16: Building an Assertive Statement

- Start by asking to talk to the other person
- I-Message: "When ... happens/happened, I feel/felt ..."
  - Directly communicate your feelings and the situation
  - Take ownership of feelings: "I feel" vs. "You make me feel"
- Verbal Response Model
  - Empathy statement: Perspective-taking
  - Conflict statement: Communicates the conflict you feel
  - Action statement: What you would like to have happen
- Listen to the other person; demonstrate that you understand

Slide 17: Review of Objectives

- Define anger and describe its triggers.
- Explain the Anger Episode Model.
- Recognize three anger management skills and apply those skills to personal situations.

Slide 18: Understanding and Reducing Anger