

ANGER

Anger is a cover-up for hurt, so learn to control your emotions!



Anger Management: Mind Over Matter- Controlling the Beast

Lesson Summary

Teacher: 30 Minutes

This lesson teaches the root of anger and gives practical tools on controlling it.

Define it:

Have you ever felt like you were going to explode because you were filled with so much anger? Have you ever actually exploded, saying or doing things that were harmful to others and yourself? Anger is a natural response from feeling pain (physical, emotional, or psychological). It is an emotion that starts from being hurt.

Example.

A little kid starts getting bullied in elementary school because he's quiet and keeps to himself. Every day at lunch and recess, a group of boys call him names, push him, and even take his lunch. That same kid grows up and is in high school and has a big chip on his shoulder. He has learned from being bullied that anger keeps people away from him, so he now gets suspended repeatedly, gets bad grades, and gets into a lot of fights. Because he was hurt, his response is to hurt others, which actually turns around and hurts him because he is failing in school.

Let's Talk About It.

When we are full of anger, we are like this comet that has gotten so full of fire (pain), it has nowhere to go but outwards towards others. When we don't allow ourselves to release our pain, we fill up with this emotion just like a soda bottle fills up with pressure when it's shaken. The pressure rises and has nowhere to go, and so it eventually explodes all over the people around us. That's why many times, people who are the closest to us get all the anger that has been growing inside of us.



Let's look and discuss.

1. What pain are you in?
2. Are you in physical pain, or do you know anyone who is in physical pain?
3. Are you in emotional (psychological) pain or do you know anyone who is?

Emotional pain is a pain or hurt that originates from a non-physical source. Sometimes it is the result of the actions of others. Sometimes it is the result of mental pain like depression or anxiety (verywellmind.com).

Some common symptoms of emotional pain are deep sadness, distress, loneliness, rage (anger), shame, and disinterested attitude. Emotional pain can make you sick so you must release the pressure!

Let's talk about outlets.

An outlet is a way to release the pressure that's forming inside of you. It's just like if we shake up a soda bottle and then slowly unscrew that cap so an accident doesn't happen! An unhealthy outlet is something that may release the pressure (PAIN) but still hurts us or others.

Here are some examples of unhealthy outlets: drugs, alcohol, smoking, cutting, overeating, unhealthy relationships. Anything that you do to try to take away the pain or the thoughts of pain can become an unhealthy outlet.

Healthy outlets are ways that will help us to cope, which means to deal effectively with something difficult. (Oxford languages) Here are few examples of healthy outlets: bike riding, writing in a journal, listening to music, caring for a pet, developing a hobby like poetry or painting.



Video and Discussion: Five Keys to Controlling Anger – 10-15 Minutes



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so learn to control your emotions!**

Think of things that get you angry. We have a choice to give our power to control ourselves over to that unhealthy emotion, or we can choose to see it as a challenge we can overcome!!

What makes you angry?

Can you pinpoint why it makes you angry?

What are some unhealthy outlets that you see around you or in you?

Are you in physical or emotional pain?

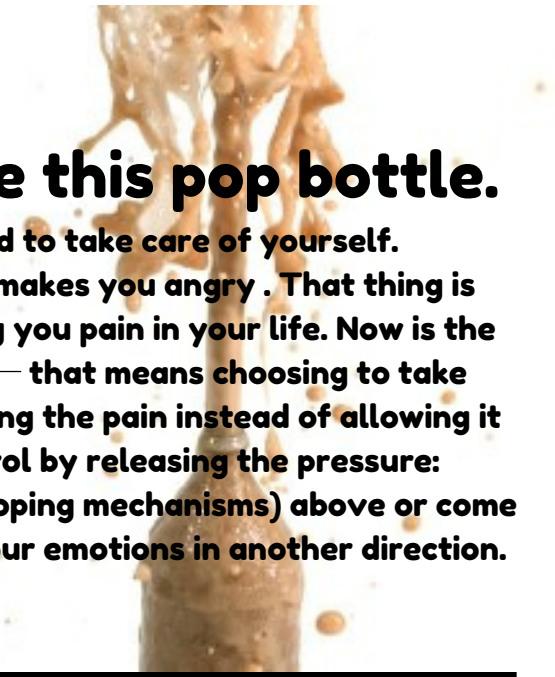


If you can identify the Pain, you can go to the source of that anger and what triggers it and do things to release that pressure. Coping mechanisms are healthy ways we can release harmful emotions. Examples of healthy coping mechanisms: riding a bike, journaling, working out, listening to music, a hobby of yours.



Look at yourself like this pop bottle.

Recognize that you have a need to take care of yourself. Identify something in your life that makes you angry . That thing is covering up something that is causing you pain in your life. Now is the time to use your Mind Over Matter— that means choosing to take control of the situation or thing causing the pain instead of allowing it to control you! You can take control by releasing the pressure: Choose some of the healthy outlets (coping mechanisms) above or come up with a few of your own and turn your emotions in another direction.



1. Identify the Source of the Pain

2. Find a healthy outlet (you can always ask for help with finding these positive outlets. Ask someone you trust like a family member or teacher)

After you complete this assignment, take it home to remind yourself.