



## RESOURCE MANUAL

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Participant Name

*Please write, doodle, print, scribble and make notes you can re-read next week or next year. Leave a lasting memory of this workshop with good notes you can refer to as time passes.*

**-PRIVATE-  
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**“Our future will not be determined by chance, but rather by  
the choices we make today and in the days and weeks ahead.”**

**—Bill Richardson**

# Who We Are



Susan & Edmund Benson, ARISE Founders

- Established in 1986, ARISE is an innovative leader in staff training and the development and design of interactive life-management skills lessons for at-risk populations.
- Since 1996, ARISE curricula and staff training have been used in Florida, nationwide, and internationally.
- ARISE social skills curricula are used in juvenile justice settings; public, alternative, and charter schools; faith-based groups; community-based organizations; police, probation, and corrections departments; and corporate entities and municipalities.
- More than 5,500,00 documented hours of ARISE life-skills lessons have been successfully taught to youth in Florida alone.
- ARISE has trained over 5,000 ARISE-Certified Life-Skills Group Facilitators.
- ARISE is an evidence-based program.



# Lesson 1: Introduction to Family Tools

1. What is choice?
2. What is anger (looks like, feels like, etc.)?
3. Why are we getting angry? What's going on in our lives?
4. How does anger affect us physically and emotionally?
5. How does worry affect us?
6. Take It To Go.



# Ask yourself...

What life are you choosing to live?



How do you *choose* to respond to difficult situations?

How can you make better *CHOICES*?

“Everything can be taken from a man but one thing: the last of the human freedoms—to choose one’s attitude in any given set of circumstances, to choose one’s own way.”

—Viktor Frankl, “Man’s Search for Meaning”

“When you create a problem, you create pain. All it takes is a simple choice, a simple decision: No matter what happens, I will create no more pain for myself. I will create no more problems. Although it is a simple choice, it is also very radical.”

—Eckhart Tolle

# Nelson Mandela



When Nelson Mandela was released after decades of political imprisonment, he described his walk past his prison guards into life as a free man.

Upon seeing the guards, anger flared in his mind. At that moment, he made a choice. He realized that these people had imprisoned him for over 20 years and that becoming angry with them would simply delay his freedom further.

He was not going to give the guards one more day of his life by becoming a prisoner of anger. Leaving prison behind, he walked into the life ahead, a truly free man.

This is the way to be wisely selfish. If we care for ourselves and want to be free, we will protect ourselves from the consuming flames of our anger.

# What Qualities Do We Associate with Anger? What does it look like to you?

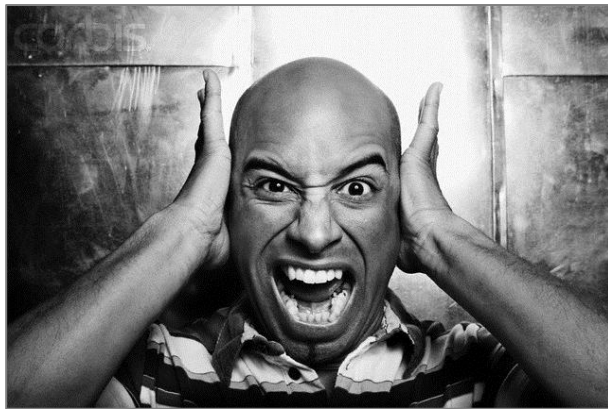
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# What Does Anger Feel Like To You?

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# What Makes Me Angry?

**“Don’t make me angry...you won’t like me when I’m angry!”**

—Dr. David Banner

The Hulk is not the only one who turns into a monster when he gets angry. All of us have displayed a little Hulk at one time or another. The more we know about what “sets us off,” the better chance we have of avoiding these monster moments.

In the left column below, list as many things as you can that really make you angry. They can be big or small. Just try to think about those things that really push your buttons.

## **Part 1:** **Who or What Angers Me**

*(Example: Drivers who don’t use turn signal)*

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## **Part 2:** **Primary Emotion**

*(Example: Frustration)*

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## **Anger Is a Secondary Emotion!**

Anger is a secondary emotion. This means that there is actually a feeling that comes before we get angry. Anger is most often the secondary response we choose because it is very reactionary and primal. But most likely, before we got angry, something happened that probably made us feel offended, afraid, panicked, pressured, disrespected, humiliated, discouraged, trapped, controlled, etc. Since anger is actually a survival emotion, the original emotion quickly gives way to anger that helps us decide to either fight or flee. Anger in itself isn't bad; in fact, it keys us into what is important in our lives. But how we act on our anger determines whether anger has a positive or negative result.

