

# ARISE LIFE MANAGEMENT SKILLS FOR ADULTS: ANGER MANAGEMENT TABLE OF CONTENTS

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# ARISE LIFE MANAGEMENT SKILLS FOR ADULTS: ANGER MANAGEMENT TABLE OF CONTENTS (CONT.)

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### NOTE TO INSTRUCTORS:

**PLEASE COPY THE VOCABULARY LIST ON PAGES 92 AND 93 FOR THE LEARNERS IF YOU DO NOT HAVE THE ADDITIONAL LEARNER’S WORKBOOK. OTHERWISE, THEY CAN FIND THE VOCABULARY LIST ON PAGES 61 AND 62 OF THE LEARNER’S WORKBOOK.**

# SECTION ONE

## INTRODUCTION

No one is born angry or violent. This behavior is learned over the years. It's useful to understand anger when it happens. By understanding what is actually going on in a situation, people can begin to control their lives—instead of letting this emotion control *them*.

**The goal for learners in this section is:**

**To understand different types of negative, aggressive behavior.**

**REMEMBER TO INCLUDE THE WONDERFUL INTERACTIVE RESOURCE MATERIAL BEGINNING ON PAGE 103 AS PART OF THIS EXCITING LEARNING EXPERIENCE.**



**INFORM LEARNERS:**

**THERE WILL BE A QUIZ FOLLOWING EACH SECTION.**

**IF THE PARTICIPANTS DON'T UNDERSTAND A WORD, ASK THEM TO REFER TO THE VOCABULARY LIST ON PAGES 92 AND 93 OF THIS MANUAL AND PAGES 61 AND 62 OF THE LEARNER'S WORKBOOK.**

# 1

## ARE WE NATURALLY AGGRESSIVE?

### DIFFERENT TYPES OF AGGRESSION

**Worksheet:** Pages 34 and 35

**Learner's Workbook:** Pages 3 and 4

1. Explain this to learners: aggressive behavior means a forceful, direct action. Sometimes it can even be positive, but usually it has negative results.
2. Ask each person for examples of positive aggression. These can include *taking control of a situation, stepping in and solving a problem, or stopping a fight*. Write these where everyone can see them. Then ask for examples of negative aggression like *starting a fight, yelling, or losing your temper*.
3. Share the definitions on worksheet page 34 and page 3 of the Learner's Workbook as a group. Then have partners work together to complete worksheet page 35 and page 4 of the Learner's Workbook. Discuss responses as a group when everyone has finished.

### ROLE-PLAY: IS ANGER LEARNED?

**Worksheet:** Page 36

**Learner's Workbook:** Page 5

1. Have learners role-play one of the situations on worksheet page 36 and page 5 of the Learner's Workbook.
2. When everyone is done, have the audience comment on what they saw. What would they do in each situation? Would they have acted differently?

### ANGRY ENVIRONMENT COMIC STRIP

**Worksheet:** Page 37

**Learner's Workbook:** Page 6

1. Have learners select a cartoon character. In the first two squares, direct them to draw him in an angry situation. Example: 1) He crashed his car; 2) He punched a wall. In the last two squares, show how he could react more positively.
2. After everyone has finished, have each of them present and discuss their work. Then ask the group to think of changes that can be made in a home environment to reduce violence and negative aggression.

# DIFFERENT TYPES OF AGGRESSION

## **AGGRESSIVE:**

**Forceful and direct; quick to act.**

**Aggressive behavior can have positive results, but is more often negative.**



## **PASSIVE:**

**Not active, not responsive, not showing resistance.**

# AGGRESSIVENESS

Answer the questions below. For these purposes, don't worry about grammar and spelling. Just do the best you can. The main idea is for you to participate.

1. Do you think people are born angry? Why or why not?

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2. Where and how do you think people learn harmful aggressive behavior?

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3. Are people ever rewarded for positive aggressive behavior? What would those behaviors be?

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4. What kinds of rewards come from acting in a positive aggressive way?

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# IS ANGER LEARNED?

1. John's dad gets angry when he comes home and his dinner is not ready. He starts throwing papers and chairs around the room. John is only 10 years old. He looks up to his father.
2. Beth is the youngest daughter in her family. Her mom works the graveyard shift at the hospital. When she gets home, she has a couple of mixed drinks to help her face the housework she has to do. She has little patience for her kids, who leave clothes and toys all over the place. Beth's mom slaps her whenever the room is a mess and screams at her for not being neat.

**What would you have done in each case if you were the parent or the child? Do you think these children will treat their kids the same way?**



**“The best answer to anger is silence. Anger is never without a reason, but seldom with a good one.”**

*—Benjamin Franklin*

# ANGRY ENVIRONMENT

Draw a comic strip which shows people acting aggressive in a harmful way. Not all of us are born great artists. Do the best you can to satisfy yourself.
