

## ***Manage My Anger (Secondary)***

Think about the last time you felt angry. What did it feel like or look like? What thoughts were you having? It was probably difficult to explain your feelings and think clearly. It's okay to feel angry at times, but how we respond to our feelings affects the outcome of the situation and how well we manage the conflict.

You can use the strategy ***manage my anger*** to help identify and explain your feelings.

***Managing your anger*** starts with understanding anger. When you feel angry, your body sends signals, like a racing heart, shortness of breath, and feeling warm. When you experience these signals, it's important to ***pause and ponder*** and then think about what the real emotions are below the surface. For example, you might feel angry at your brother for making fun of you when you made a low grade on your English test, but when you think about your feelings, you realize you were probably embarrassed or hurt.

You can use the Anger Iceberg to help identify feelings that you may not have realized you are experiencing. The Anger Iceberg represents the idea that anger is the emotion displayed on the surface but that other emotions are hidden below the surface. When you think about the emotions you feel inside, you can identify your feelings more accurately and explain them better.

When you start to feel angry, you can ***manage your anger*** by taking deep breaths, going for a walk, or drawing your feelings. Then you can use the Anger Iceberg to identify the other feelings you are having by asking yourself, "What caused me to feel angry? What other emotions am I really feeling?"

I used the strategy ***manage my anger*** when my family moved to a new town. I was worried about making new friends, but while shooting baskets at the park, a couple of kids my age invited me to play on their team during a tournament later that week. I was so excited because I loved basketball and had made some friends. On the night of the tournament, my parents told me that I needed to help them unload boxes from the moving truck before I went to the tournament. It was going to make me late for the tournament!

I could feel my heart beating fast, and I was getting short of breath. I felt so angry! It was hard, but I knew I needed to calm down before I said anything to my parents, so I walked around the block to calm myself. As I was walking, I thought about what I was really feeling. I realized I wasn't angry at my parents for asking for my help; I was disappointed about being late for the tournament. I knew that if I yelled at my parents, it would make the situation worse. I decided to calmly explain how I felt and why I was feeling that way. I said, "I know you need my help unloading the truck, but I got invited to play in a basketball tournament, and it's important for me to make new friends. Is there another time we could unload the truck?" My parents explained that they didn't realize I was invited to play in the tournament and that they wanted me to make new friends, so together we agreed that I could go to the tournament and I would help unpack boxes when I got back.

***Managing my anger*** helped me recognize that I was experiencing strong emotions and why I was experiencing them. ***Managing my anger*** helped me achieve an outcome to a conflict that was favorable to everyone involved. Using the strategy ***manage my anger*** when you have

strong emotions can help you calm down and communicate more clearly. You can use this strategy anytime you have strong feelings and don't want them to get in the way of communicating what you want or need.