

ANGER (PART 2): STEPS TO RESOLUTION

GOAL:

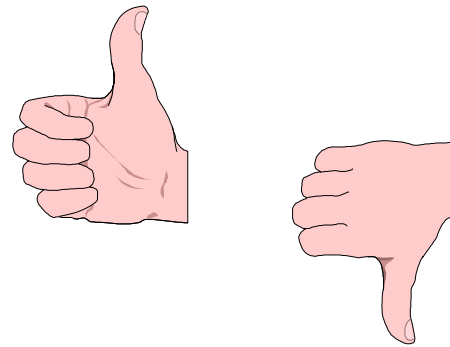
- To develop some skills to resolve anger.

RATIONALE:

In the previous lesson, participants discovered their characteristic responses to anger. This lesson focuses on steps we can take to resolve anger in more satisfying ways. Participants should be familiar with active listening, self-disclosure and role-playing to get the maximum benefit from this lesson.

MATERIALS NEEDED:

Flipchart and markers.



METHOD:

Warm up: A Colour for Anger

Ask participants to:

- (a) name a colour they associate with anger.
- (b) see if there is a relationship between that colour and their characteristic anger state. (i.e. red = TNT, blue = depressed, etc.)

Exercise 1: Identifying the Steps

Ask participants to refer back to the **Anger Situation Worksheet** used in Anger, Part 1. Divide participants into dyads and ask them to privately discuss their situation and begin to identify the steps they need to take (or have taken) in order to resolve the issue.

Theory: See Theory Box. Discuss the anger resolution steps.

Exercise 2: **Anger Resolution**

Ask for volunteers to role-play their situation to the large group. Encourage the group to observe and record both the newly acquired skills and the old patterns which the players demonstrated in their role-play.

After the players share their feelings and give each other feedback, tell the observers to offer feedback from their perspective.

This may be a useful place to talk about culturally accepted ways to deal with and express anger and other emotions.

EVALUATION:

THEORY BOX

Steps & Skills In Anger Resolution

1. Owning the anger.
2. Diagnosing
 - how angry I am
 - the source
 - why
3. Sharing
 - how I feel
 - what I think
 - what I need/want
 - how the other person's behaviour affected me
4. Asking for a response.
5. Listening actively.
6. Summarizing the issue; defining it as “our” or “my” issue.
7. Acknowledging and accepting differences.
8. Problem-solving:
 - negotiation
 - give-get contract
 - compromise

Note: There are times when it is not possible to confront the other person. It may not be worth the risk, or it may be that we may not see that person again. It is still important for our own self-esteem to work through the first few steps either on our own or with family and friends. We can at least gain some power from the insight alone.