

IN CONTROL ...



Healthy **ANGER** Expressions

**A Therapeutic Workbook
from
PeachTree Professional Education, Inc.**

The original purchaser of this workbook

_____ is
authorized to reproduce the content for the purposes of providing client care only.
Other reproduction, use by additional persons or agencies is prohibited.
For additional Individual or Agency copy agreements, please contact our office.

Authorized Signature: _____

**Richard K. Nongard, MA, LMFT, CPFT
Paula Saxon Nongard, MA**

Copyright © Richard K. Nongard
PeachTree Professional Education, Inc.
PO Box 121 Andover, KS 67002
www.FastCEUs.com (800) 390-9536

This page is intentionally left blank for ease in photocopying.

ABOUT THIS WORKBOOK

This practical guide for improving Individual and Family Interactions is intended to be an adjunct to therapy, used by adults, adolescents, individuals, couples and families, to begin and continue making necessary life changes.

**Useful for
Individuals
Families and
Education
Groups**

In Control... Healthy Anger Expressions contains eight sections that will help people begin to understand their anger, to acknowledge and address the other emotions behind their anger, and to make healthy behavioral changes related to the expression of their anger.

This workbook was designed with a simple and educational format, enhanced with worksheets, exercises and ideas to reinforce therapeutic learning.

**This client
workbook
can be
effectively
utilized by
assigning
individual
sections
as needed,
or by
assigning
all sections
in sequence.**

ABOUT PEACHTREE AND THE AUTHORS:

♦ ***PeachTree Professional Education, Inc.*** is a diversified company, committed to providing quality counseling services, offering professional continuing education for mental health, school and criminal justice professionals, and producing practical therapeutic publications and professional resources.

♦ ***Paula Saxon Nongard, MA,*** is the Director of Professional Relations for PeachTree Professional Education, Inc. She is a skilled administrator, experienced in communications and education. As co-author of this and many other therapeutic publications, knowledge, insight and organizational skills together to create exercises and activities to help reinforce the concepts described in the text.

**This client
workbook,
like all others
from
PeachTree,
was created
to help
give people
Options,
Skills and
Tools
to help
make
Healthy
Life
Changes.**

♦ ***Richard K. Nongard, MA,*** is the Executive Director of PeachTree Professional Education, Inc. Mr. Nongard is a Licensed Marriage and Family Therapist and a Certified Personal Fitness Trainer who has vast clinical experience working with both adolescents and adults. He is a nationally sought after counselor trainer, and a co-author of this and many other books, client workbooks and professional screening tools.

Other Resources Available from PeachTree:

- ♦ *Getting Along: A Guide for Healthy Communications*
- ♦ *The First Three Steps: Guided Recovery Utilizing AA and NA Texts*
- ♦ *The Family Peace and Sanity Treaty*
- ♦ *The NSAS: Nongard Substance Addiction Screening*
- ♦ *The NSRI: Nongard Strengths and Resources Inventory*
- ♦ *The NDI: Nongard Depression Index*
- ♦ *The NCCQ: Nongard Couple's Conflict Questionnaire*
- ♦ *Therapeutic Relaxation & Distress Tolerance Training Audio CD*

This page is intentionally left blank for ease in photocopying.

TABLE OF CONTENTS

The first group of educational sections and worksheets helps clients understand what Anger is, and how they express it verbally and physically.	Understanding Anger	
	Section 1	<i>What is Anger ?</i>1- 2
		Worksheet 1.....3
	Section 2	<i>Physical Products of Anger</i>4- 5
		Worksheet 2.....6
	Section 3	<i>Handling Anger Producing Situations</i>7-8
		Worksheet 3.....9
		Worksheet 4.....10
		Worksheet 5.....11
	The second group guides the client through developing alternative, Healthy methods for expressing their Anger.	Beyond the Anger
Section 4		<i>Looking Under the Anger</i>12-13
		Worksheet 6.....14
Section 5		<i>Expressing Anger and Other Emotions</i>15-16
		Worksheet 7.....17
Section 6		<i>Need-Meeting Behavior Options</i>18-19
		Worksheet 8.....20
Section 7		<i>Impulsive Behavior Options</i>21-22
	Worksheet 9.....23	
Section 8	<i>More Options and Ideas</i>24	

This page is intentionally left blank for ease in photocopying.

WHAT IS ANGER??

Before you answer this question, stop and give it some serious thought. The answer may be more involved and complicated than you would first imagine.

First, let us clear some ground by stating up front that *anger itself is neither "good" nor "bad"; it just is.* The "labeling" of anger comes into play when the *forms of anger expression* are discussed.

Consider these definitions:

ANGER: *An immediate emotional state, expressed from irritation to fury.*

RAGE: *Strongest form of anger, with the risk of loss of control.*

AGGRESSION: *Behavior intended to harm or intimidate others.*

HOSTILITY: *An attitude that sees others as enemies.*

RESENTMENT: *Stored anger. The opposite of forgiveness.*

HATRED: *Intense and unwavering dislike of another person.*

DEPRESSION: *Often the result of anger turned inward.*

Consider these thoughts:

Anger is a resource, and a signal, letting us know that something needs to change.

Anger is a tool. It can manipulate. It can protect.

Anger is something that we feel, both emotionally, and physically.

When we are angry, we are some-other-emotion, too.

Consider this process:

A Situation occurs.

The Situation produces Emotions within us.

We are uncomfortable feeling or expressing those Emotions.

We convert or mask those uncomfortable Emotions with Anger.

We respond to the Situation by expressing the Anger.

The Situation remains unresolved, because the other underlying Emotions were not addressed.

**"Anger"
can be
both
positive
and/or
negative,
depending
on how
it is
expressed.**

**Whenever
you are
Angry,
you are
some-other
emotion,
too.**

**Anger
can become
a
continual
cycle
in your life,
if the
underlying
other
emotions
are
never
acknowledged
and
addressed.**

This page is intentionally left blank for ease in photocopying.

Section 1

UNDERSTANDING ANGER

**A thousand
carefully
considered
words
can create
a priceless
picture.**

It is often helpful to be able to see a “picture” of ourselves emotionally and physically, to more easily recognize and better understand what and how we think, feel and do. This “picture” can help us to begin taking the necessary steps towards changing our behaviors.

The following worksheets are designed to help explore our feelings and behaviors, and paint the picture of ourselves.

**Something
comes from
Something...**

AUTHOR’S NOTE: This workbook is full of worksheets.

All of the worksheets in this book are specifically designed to help you recognize things about yourself that you may never have realized, and to help you practice doing things differently.

**But
Nothing
comes from
Nothing.**

We promise you that if you do not complete the worksheets as assigned... Nothing Will Happen.

If Nothing Happens, then it is quite probable that Nothing Will Change.

We encourage you to take a risk. Complete the worksheets given to you. Follow the directions carefully. Be honest. Give it a try.

You may be amazed before you are only half-way through.

But if you do Nothing.... Nothing Will Happen.

This page is intentionally left blank for ease in photocopying.

UNDERSTANDING ANGER WORKSHEET (1)

This worksheet will help you to begin understanding your Anger.
READ and FOLLOW the directions, and be as specific and detailed as possible.



WRITE DOWN what "Anger" means to you.



WRITE DOWN some typical ways that you express your anger.

EXAMPLE: When I get Angry, I: Yell, Hit, Use Drugs and Alcohol



WRITE DOWN what specific kinds of Problems that your Anger has caused you.

EXAMPLE: Family Trouble, Arrests for Assault, Loss of Job, Guilt

This page is intentionally left blank for ease in photocopying.

PHYSICAL PRODUCTS OF ANGER

Experiencing Anger causes our bodies to change and react physically, and triggers our Automatic Behaviors.

Anger affects us not only emotionally, but physically, as well.

You may not even be aware of how Anger affects you physically. Often when we become caught up in the 'emotion' of situations, we forget about the physical sensations being created and experienced.

Think about how your body physically reacts, when you begin to feel Angry.

- Does your Heart Rate Accelerate? Do you Sweat?
- Do your Muscles Tighten? Does your Head Hurt?
- Does your Mind Race, or go Blank?

Think about what you automatically do physically, when you are Angry.

- Do you Pace? Do you Tap your Fingers?
- Do you Drink or Use Drugs? Do you Fidget?
- Do you Scream or Yell at no one or anyone?
- Do you Hit, Kick or Punch things or people?
- Do you Cry? Do you Hurt yourself?

The Physical Stress that Anger can put on our bodies can be detrimental.

When we are *aware* of how our body reacts physically when we are Angry, we can begin to recognize those feelings and manage our behaviors, *before they get out of control.*

This is important. The physical effects of Anger can be very detrimental to our bodies. The increased physical stress that Anger often produces can lead to fatigue, headaches, high blood pressure, and even heart attacks, if left unmanaged.

You can use the physical symptoms of your Anger as positive triggers to alter your Automatic Behaviors.

Also, when you can begin to recognize the first physical symptoms of your Anger, you can use them as 'Warning Signs' to indicate that you may need to control your Automatic Behaviors.

This is especially helpful if your Automatic Behaviors are Violent or Self-Destructive in any way.

This page is intentionally left blank for ease in photocopying.

Consider this Example:

MY BODY: When I get Angry, my heart races, I clench my hands and teeth, and I sweat.

MY BEHAVIORS: When I get Angry, I pace the floor, snap at the people around me, and usually have a few drinks, to calm me.

**Being
Aware
is an
Open
Doorway
to
Change**

If you were *aware* of the physical feelings of your heart racing and muscles clenching, you could recognize that you were probably about to engage in the unhealthy behaviors of drinking to “solve your problems” and snapping at the people around you that may or may not have had anything to do with your situation.

Being *aware* of these physical warning signs gives you the chance to choose Optional Healthy Behaviors, saving yourself and others from the fallout of destructive, unhealthy behaviors.

This page is intentionally left blank for ease in photocopying.

UNDERSTANDING ANGER

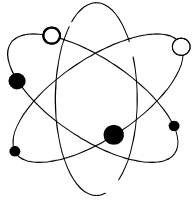
WORKSHEET (2)

This worksheet will help you to become more aware of how you feel physically, and what you do automatically, when you are Angry.

READ and FOLLOW the directions, and be as specific and detailed as possible.

THINK carefully about the situations and times when you feel Angry.

WRITE DOWN what happens to your Body Physically, AND what kinds of Behaviors you Automatically engage in, when you are Angry.



MY BODY:

Heart:

Hands:

Legs:

Stomach:

Other Physical Anger Symptoms:

MY AUTOMATIC UNHEALTHY BEHAVIORS:



MY AUTOMATIC HEALTHY BEHAVIORS:

This page is intentionally left blank for ease in photocopying.

HANDLING ANGER PRODUCING SITUATIONS

**Understanding
the past
can help us
to make
the future
more
manageable.**

In order to change and improve the future, it is often helpful to review and learn from the past.

Chances are good that the same types of situations continue to occur producing feelings of anger, and that you usually respond to these situations in the same ways, and achieve the same results each time.

It is important to understand and *be aware* of the specific details, including times, locations, persons, etc., of the kinds of situations that seem to produce Anger for you, time after time.

In other words, *what kinds of things happen that result in you feeling Angry?*

**Be aware
of what
you do...
and
where
it
gets
you.**

It is also important to understand and recognize what you do, or what coping strategies and behaviors you act out in response to a situation, in an attempt to confront or resolve it.

Or, in other words, *what are your actions and reactions? What do you do to handle Anger producing situations?*

And, in order to make changes that will impact the outcome of future Anger producing situations, you need to understand and recognize what the *results* are of the behaviors you choose to resolve these situations.

In other words, *does what you do to handle an Anger producing situation usually make things better... or worse?*

**Doing
the
same things
over
and
over
again
usually
gets you
the
same
results.**

When you begin to see the whole picture in front of you of what triggers your anger, what you do when you are angry, and what happens after you respond to your anger, it can become a life changing resource for you.

Consider this Example:

Situation: Chris came home late again, without warning or explanation.

Response: I had several drinks, raged at Chris when he/she came home, accused Chris of not loving or respecting me, and threw his/her coat across the room, breaking my bottle of rum.

Results: We screamed at each other, and Chris left, after I threw the car keys across the room.

This page is intentionally left blank for ease in photocopying.

Section 3

UNDERSTANDING ANGER

**You
only know
how to do
what you know
how to do.**

If this example was a typical situation for you, you could now begin to recognize that your typical responses to Chris' behavior typically achieve the same results, and that the real situation is typically never resolved.

**There
comes a time
to learn
something
new.**

Unresolved situations will generally keep occurring, over and over again.

Learning from past situations can help you change the (your) future.

This page is intentionally left blank for ease in photocopying.

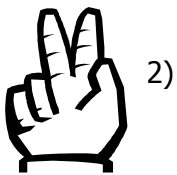
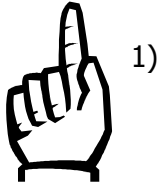
UNDERSTANDING ANGER WORKSHEET (3)

This worksheet will help you to begin understanding what triggers your Anger. READ and FOLLOW the directions, and be as specific and detailed as possible.

THINK about some recent times that you felt Angry.

WRITE DOWN a brief yet detailed description of two situations that occurred, which resulted in you feeling Angry.

EXAMPLE: *Chris came home late again, with no warning or explanation.*



This page is intentionally left blank for ease in photocopying.

UNDERSTANDING ANGER

WORKSHEET (4)

This worksheet will help you to begin understanding how you handle your Anger. READ and FOLLOW the directions, and be as specific and detailed as possible.

THINK carefully about the Anger producing Situations you described on Worksheet 3. How did you attempt to express your feelings? In what ways did you make an effort to confront or resolve the situations?

WRITE DOWN how you Verbally and Physically handled each situation, including quotes from what you really said, and things you actually did.

EXAMPLE:

Verbally: I immediately expressed my anger to Chris with verbal assaults when he/she finally came home. I accused Chris of not loving me.

Physically: I threw Chris' coat across the room, and broke my bottle of rum.



1) VERBALLY:



PHYSICALLY:



2) VERBALLY:



PHYSICALLY:

This page is intentionally left blank for ease in photocopying.

UNDERSTANDING ANGER WORKSHEET (5)

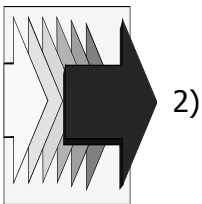
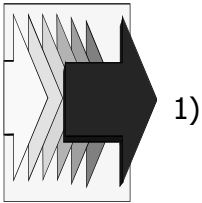
This worksheet will help you to begin understanding the results and consequences of how you handle your Anger.

READ and FOLLOW the directions, and be as specific and detailed as possible.

THINK carefully about the situations you previously described.

WRITE DOWN what happened as a result of your Verbal and Physical Responses to each Situation.

EXAMPLE: Chris and I began screaming and yelling at each other, and Chris ended up leaving, after I threw the car keys across the room.



This page is intentionally left blank for ease in photocopying.

LOOKING UNDER THE ANGER

**While Anger
is a
Real Emotion,
it is
Secondary
to your
Other
Emotions.**

Anger is a Real Emotion, and Experiencing and Expressing it in Healthy ways should be encouraged.

However, as we have stated, whenever you are feeling Angry, you are feeling Other Emotions, also.

Another way of saying this is: "Anger is a Secondary Emotion".

Therefore, there must be other active emotions that we might call Primary.

These Primary Emotions need to also be experienced and expressed and addressed. Unfortunately, they are quite often avoided, hidden and masked, by the Expression of Anger, *Only*.

**We often
use Anger
to Hide
or Mask
our
Other Emotions
from
ourselves,
and
other people.**

WHAT EMOTIONS OR FEELINGS DO WE HIDE OR AVOID ??

Feelings of:

HURT, GUILT, SHAME, JEALOUSLY, ENTITLEMENT,
RESENTMENT, ENVY, FEAR, LOSS, PRIDE

All of these feelings and many others are very difficult for some people to even acknowledge, much less address by expressing them to other people.

For some people, Anger appears initially to be a much easier emotion to experience and express.

However, the long term effects of the automatic behavioral pattern of Expressing *Only* Anger can cause many problems.

**Continually
Expressing
Only
Anger
can cause
even more
life problems,
as situations
and issues
remain
unresolved.**

Continually Expressing *Only* Anger can "put up unapproachable walls", encouraging other people to stay away, and thereby eliminating useful social supports.

Continually Expressing *Only* Anger leaves issues and situations unresolved, thereby creating a potential Endless Cycle of Unresolved Anger, *and* Other Emotions.

Continually Expressing *Only* Anger can lead to the use of Physical, Sexual, Emotional, and/or Substance *Abuse* for coping, as situations remain unresolved, and social supports remain distanced.

This page is intentionally left blank for ease in photocopying.

Section 4

BEYOND THE ANGER

**What ever
causes
a problem
...
Is
a problem.**

Continually Expressing *Only* Anger can be physically detrimental, due to excessive stress, fatigue, and unhealthy behaviors.

In other words, if you continually acknowledge and express only the emotion of Anger, you will most likely eventually experience:

Family Problems, Social Problems, Legal Problems,

Health Problems, Spiritual Problems, Financial Problems,

Other Emotional Problems, Work or School Problems, and

probably become known and recognized by others as simply,

"That Always Angry Person".

This page is intentionally left blank for ease in photocopying.

BEYOND THE ANGER WORKSHEET (6)

This worksheet will help you to *begin recognizing, acknowledging and understanding the other emotions behind your Anger*. READ and FOLLOW the directions carefully, and take your time.

REMEMBER: When you feel Angry, you are also feeling Other Emotions.

Anger is like the lid on a garbage can, covering up and hiding the contents of the can.

THINK carefully about each Anger producing situation you previously described.

WRITE DOWN in the blanks provided *what Other Emotions you felt during each situation*.

EXAMPLE: Hurt, Fear, Jealousy, Frustration, Guilt

1)



2)



This page is intentionally left blank for ease in photocopying.

EXPRESSING ANGER and OTHER EMOTIONS

We said at the beginning that Anger is neither good nor bad, it just is. That statement goes for all other emotions, as well.

The way your Anger and Other Emotions are *expressed*, however, can be either Healthy, or Unhealthy.

Some UnHealthy Forms of Expressing Anger are:

RAGE, AGGRESSION, HOSTILITY, RESENTMENT, HATRED, and TURNING IT INWARD.

These methods of expression don't resolve situations, and generally cause even more problems, especially if they lead to VIOLENCE.

Un-Healthy Anger Expression hurts other people, and yourself.

Healthy Anger Expression is Assertive, and focuses on Yourself, and addresses all of Your Emotions, Feelings, Wants, and Needs.

In other words:

Hitting, Kicking, Screaming, Yelling, Accusing, Degrading,

Withholding, Intimidating, Blaming, Condemning, Challenging,

Denying, Ignoring, Threatening, Using Drugs or Alcohol,

Withdrawing Vandalizing, Torturing, Manipulating, Abusing, and etc.,

are Not Healthy ways to Verbally or Physically Express Anger or any Other Emotions.

A Healthy way to Express your Anger to others is to

use ASSERTIVE COMMUNICATION techniques,

and also address the OTHER UNDERLYING EMOTIONS

that you are feeling.

Assertive Verbal Expression focuses on YOU, and addresses YOUR Feelings, Wants and Needs, and Does Not Blame, Intimidate, or Challenge others.

These are Examples of Assertive Verbal Expression:

I Feel hurt when you do not call to say you will be late.

I Want to know that you are safe when you are not home on time.

I Need to know your plans, so that I can make mine.

It is important to always remain aware of your physical expressions, as well as your verbal expression methods.

This page is intentionally left blank for ease in photocopying.

Assertive Physical Expression also focuses on YOU, and on presenting yourself to others in a calm, rational, and non-threatening manner.

**Remember
the
Golden
Rule ??**

**And
what do
Boomerangs
do ??**

These are Examples of Assertive Physical Expression:

Sitting Down, Voice Soft and Calm,
Eye-to-Eye Contact,
Arms and Legs Relaxed and Un-Crossed,
No Finger Pointing,
Slow (Non-Aggressive) Gestures.

Other Keys to Assertive Expression:

Remain aware of your physical and verbal self as you speak.

Do not cut the other person off in mid-sentence or thought.

Listen Carefully to the other person's Feelings, Wants and Needs.

Respect others as you would like them to respect you.

This page is intentionally left blank for ease in photocopying.

BEYOND THE ANGER WORKSHEET (7)

This worksheet will help you to begin using Assertive Expression.
READ and FOLLOW the directions carefully.

THINK about the situations you described when you were angry.

WRITE DOWN some Assertive Statements that you could have used instead, to express your Anger and Other Emotions.

EXAMPLES: *I Feel* hurt when you do not call to say you will be late.
I Want to know that you are safe when you are not home on time.
I Need to know your plans, so that I can make mine.



1) I FEEL:

I WANT:

I NEED:



2) I FEEL:

I WANT:

I NEED:

WRITE DOWN some ways you could have presented yourself Physically, that would have been less aggressive, intimidating, violent, hostile, isolating, or abusive.



I COULD HAVE:

I COULD HAVE:

I COULD HAVE:

This page is intentionally left blank for ease in photocopying.

NEED- MEETING BEHAVIOR OPTIONS

Behaviors are the things that people *do*.

Individual Behaviors are chosen and acted out because the person thinks or believes they will Meet A Need.

Consider this Example:

Behavior: Substance Abuse

Immediate Results from Behavior (Needs Met): Power & Control, Thrills & Adventure, Social Status, Changes Feelings, Passes Time

Long Term Consequences from Behavior: Legal Problems, Family Problems, Work / School Problems, Health Problems, Financial Problems, Social Problems

Notice that the 'Immediate Results' derived from the Behavior are all Positive. This is why the Behavior is chosen and carried out.

We all have a Need for a sense of Power and Control, for Thrills and Adventure, for Social Status, to Change our Feelings, and to Pass the Time.

These are all Legitimate Needs, and the behavior of Substance Abuse meets those Needs, immediately.

However, there are many other Behaviors that are Positive and Healthy, that could be engaged in to meet each of these Legitimate Needs, without using substances, and *without causing or resulting in the Unhealthy and Negative Long Term Consequences.*

Examples of Optional Healthy Behaviors:

Choosing Not to Abuse Drugs or Alcohol and choosing to deal with situations and issues in healthy ways *shows True Power and Control.*

Bowling, Biking, Sky Diving, Bungee Jumping, Roller Skating, Football, Movies, Concerts, Art, Computer & Video Games, Reading, Grocery Shopping at 3:00 am, Cleaning out the Garage, Building a Scale Model, *and most anything new and different can be a Thrill or Adventure.*

**We do
the things
we do...
because
they Meet
Our Needs.**

**Because the
Immediate
Results
of our
Unhealthy
Behaviors are
usually
Positive,
meaning
that they
Meet Our
Needs,
it is
often difficult
for us to
realize
and accept
that these
chosen
behaviors
are actually
negative
and
detrimental.**

**There are
Always
Positive
Optional
Behaviors
you can
Choose
to Replace
your
Unhealthy
Behaviors,
and Meet
Your
Legitimate
Needs.**

This page is intentionally left blank for ease in photocopying.

Section 6

BEYOND THE ANGER

**Doing
Something
Positive
Makes
Some
Positive
Things
Happen.**

Being Active in Support Groups, Politics, Church Functions, 'Thrill & Adventure' Activities, Family Gatherings, Work / School Gatherings, and Community Functions *can bring Social Status.*

Expressing your feelings in Healthy, Assertive ways and Resolving Issues and Situations is an easy way to Change Your Unwanted or Uncomfortable Feelings.

Most all of the things listed above are Healthy Options that will help to 'Pass the Time', without causing Negative or Unhealthy Long Term Consequences.

This page is intentionally left blank for ease in photocopying.

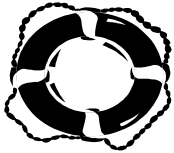
BEYOND THE ANGER

WORKSHEET (8)

This worksheet will help you to *begin changing your behaviors*.
READ and FOLLOW the directions.

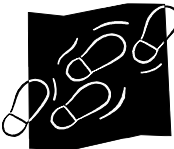
THINK about what Negative or Unhealthy Behaviors you have, related to your Anger.

WRITE DOWN each Behavior, what the Immediate Results or Legitimate Needs Met by each Behavior are, what the Long Term Negative or Unhealthy Consequences are, and what Optional Behaviors you could choose instead, to Meet Your Legitimate Needs.



BEHAVIOR:

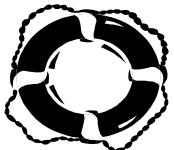
IMMEDIATE RESULTS / NEEDS MET:



LONG TERM CONSEQUENCES:

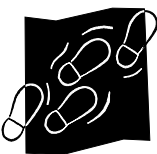


OPTIONAL BEHAVIORS TO MEET EACH LEGITIMATE NEED:



BEHAVIOR:

IMMEDIATE RESULTS / NEEDS MET:



LONG TERM CONSEQUENCES:



OPTIONAL BEHAVIORS TO MEET EACH LEGITIMATE NEED:

This page is intentionally left blank for ease in photocopying.

IMPULSIVE BEHAVIOR OPTIONS

Most things that people do are done on *impulse*, and/or out of *habit*.

Habits are hard to break, and so doing things differently can be a difficult task for many people, especially if they didn't know that they should or even could be doing something different.

If you don't know that you need to Change something, you won't Change it.

If you don't know that you have Options, or what those Options are, you won't do anything differently, and you won't Change anything.

This holds true for smokers, nail biters, car thieves, substance abusers, and Non-Assertive Communicators.

On the First Worksheet, you were asked to write down what you normally do when you are Angry. The Behaviors that you listed are things that you Do Automatically, Impulsively, and out of Habit, when you begin to feel Angry.

On other worksheets you have learned to recognize how you are feeling physically when you are feeling Anger,

how to use Assertive Methods of Communication to Express your Anger and Other Emotions to Resolve Issues and Situations, and that you *always* have Optional Healthy Behaviors that you can Choose to Meet Your Legitimate needs.

Sometimes, however, situations come upon us quickly, and we can be caught off guard. Our Impulses and Habits are often so strong that

We Sometimes Act Before We Think.

The focus of this workbook has been to teach you to

Remember to Think Before You Act.

Sometimes we just aren't ready to address situations and emotions.

At these times, we need to know that it is *Okay* to take some time; to remove ourselves from the situation and 're-group'.

**Most
everything
we do,
we do
out of
Habit.**

**Planning
and
Practicing
can help
you
develop
New
Healthy
Habits.**

**Don't get
F.A.T. !!
(Feel,
Act,
Think)**

**Remember
:
Think
Think
Think**

**THEN
Act**

and then

**THINK
AGAIN**

This page is intentionally left blank for ease in photocopying.

When you are confronted with an Anger producing situation that you are not ready to resolve, *before your Impulses and Habits take over:*

STOP AND THINK, BEFORE YOU ACT.

REMEMBER: YOU HAVE HEALTHY OPTIONS.

YOU CAN EXIT THE SITUATION, AND PLAN A RESOLUTION.

**It is
OKAY
and
GOOD
to
STOP
and
TAKE TIME
and
THINK
and
PLAN
BEFORE
you
address
a
situation,
if you
Feel
that you
are
not ready
to
deal
with it
in a
Healthy
way.**

Example:

First, if there are other people directly involved in the situation, Attempt to Announce Assertively to them that you are feeling overwhelmed, and that you need time to collect and control your thoughts and behaviors.

Then, Exit the situation, by physically leaving

Or, Exit the situation, by going to a 'Safe Place' in your Mind

Then, take some time to collect and control your thoughts and behaviors. Develop a plan to resolve the situation, *using the assertive methods you have learned and practiced.*

REMEMBER: You always have Healthy Options.

Take the time to Choose the Best Healthy Options for each situation.

This page is intentionally left blank for ease in photocopying.

BEYOND THE ANGER WORKSHEET (9)

This worksheet will help you to *remember that you always have Healthy Options*.
READ and FOLLOW the directions.

THINK again carefully about the Negative or Unhealthy Behaviors that you act out, when you are Angry.

WRITE DOWN each Old Behavior, and THEN, WRITE DOWN at least Four (4) Optional Healthy Behaviors that You Can Choose to do instead.

EXAMPLE: Before I: Hit the Wall
 I Can: Go Outside, Sit Down, Take Three Deep Breaths,
 Call a Friend, Drink a Glass of Water



BEFORE I:

I CAN:

I CAN:

I CAN:



BEFORE I:

I CAN:

I CAN:

I CAN:



BEFORE I:

I CAN:

I CAN:

I CAN:

This page is intentionally left blank for ease in photocopying.

MORE OPTIONS AND IDEAS

Throughout this workbook you have hopefully learned a great many things about yourself, about expressing your emotions and about managing your behaviors.

Keep this workbook handy, to help you manage future difficult situations.

Hopefully also, you will hold on to this workbook and worksheets and continue to use them as "reference material" to handle future situations, down the road of life.

In addition to using this workbook to help re-enforce your new behaviors, here are a few more ideas:

* Tape copies of your "Healthy Option Lists" from your worksheets to your refrigerator, your desk, your locker, and/or your bathroom mirror.

This way, you will always have Healthy Options in front of you.

♦ Use a "Dry Erase Marker" and write whatever you need to hear (and see) on your bathroom mirror. It will erase with a tissue, and you can still see yourself to comb your hair and brush your teeth.

You can write down useful items from your worksheets, or you can write down "Mantras": "I can be angry without hurting anyone or anything" or "I want _____, I need _____, I feel _____", etc.

♦ Keep a pen and paper with you and keep a journal or log of your physical feelings and reactions during different types of situations.

This can help you become more aware of your "Physical Warning Signs", and signal you to choose your healthy reactive behaviors, before your automatic impulses kick in.

♦ Keep a pen and paper with you and keep a journal or log of your feelings and emotions, during various situations.

This can help remind you that when you are angry, you are also something else, and will help you remember to express those emotions to others using healthy assertive communication methods.

♦ Practice creating and acting on healthy options for everything that you do automatically or out of habit. Eat something different than usual for breakfast, get up an hour earlier, write a letter instead of making a phone call, etc.

This will help you develop the new healthy habit of exploring your options before you act automatically or impulsively.

Practice using Assertive Communication in the mirror. Imagine situations that would normally be difficult for you to handle, and create healthy behavioral options for resolving the situations, and practice them on yourself. You can also practice them with a friend or family member. Practice Makes Progress !!

Habits are neither formed nor broken over night.

**Practice,
Practice,
Practice....**

REMEMBER

**Progress...
is
progress...
is
progress...**

This page is intentionally left blank for ease in photocopying.

NOTES:

MORE EDUCATIONAL SERVICES AND PROFESSIONAL RESOURCES FROM PEACHTREE PROFESSIONAL EDUCATION, INC.

PeachTree offers numerous Training Seminars that teach practical and effective intervention and assessment strategies on issues of substance abuse, personality disorders, depression, family issues, anger and violence, professional ethics, brief therapy techniques... and more. Training topics and Uplifting KeyNote subjects can be developed and customized to meet the needs of your professional group.

CLIENT AND PROFESSIONAL RESOURCES:

The Nongard Strengths and Resources Inventory (NSRI)

A one page self-report questionnaire, focusing on identification of client strengths and resources. This is a practical general assessment tool, useful for strategizing therapeutic intervention starting points, based on the adult and adolescent client's personal attributes, resources and abilities.

The Nongard Substance Addiction Screening (NSAS)

A self-report preliminary addiction screening tool, with both adult and adolescent versions. The NSAS's format is practical and easy to administer, complete, score and interpret, and it follows the DSM-IV diagnostic criteria for Substance Dependency.

The Nongard Depression Index (NDI)

A self-report preliminary screening tool for depression, with both adult and adolescent versions. The simple "survey" format encourages honesty, and the content follows the DSM-IV criteria for Major Depression.

The Nongard Couple's Conflict Questionnaire (NCCQ)

This self-report screening tool covers sixteen areas of life and is useful for both Individual and Couple's counseling settings. Clients are asked to mark statements that they identify with, and also to mark statement they feel their partner would relate to, if asked. Great for quickly identifying presenting problems of relationship difficulties.

The First Three Steps... A Guide for Recovery Utilizing the AA and NA Texts

This workbook is designed as a tool to assist in the recovery of both singularly and dually-addicted adults and adolescents, and incorporates both AA and NA text readings. It is written in a modern, simple language for the benefit of all populations, and may be especially useful for adolescents, young adults, and those who may be developmentally challenged.

The Family Peace and Sanity Treaty

This workbook is similar on the surface to common 'family contracts', yet it goes much further to instill responsibility and respect for authority by helping parents to thoroughly address and plan strategies step-by-step for handling all aspects of a young person's life, from curfews to school to attitude to chores to spiritual awareness, etc., and is written in a relaxed, understanding, 'there is hope' manner.

Getting Along... A Guide for Healthy Interactions with Others

This workbook goes beyond simple communication strategies and addresses both verbal and non-verbal expression patterns, listening skills, and altering automatic or reactionary behaviors. *Getting Along* is crammed with worksheet assignments designed to increase awareness, create options and change both unhealthy habitual and intentional behaviors that cause distress in all forms of relationships.

Therapeutic Relaxation

This 2-Program, 4-track CD guides the listener through a series of Progressive Muscle Relaxation techniques, Breathing Exercises, and Creative Visualization. Not designed to put the listener to sleep, but to teach the listener how to recognize their physical stress and how to actively relax, with or without the cassettes. Each program has both male and female voice tracks, for client preference, and the introductory program has no background sounds, while the second has calming ocean background sounds from the North Padre Island National Seashore.

Please contact PeachTree Professional Education, Inc. at (800) 390-9536 or visit our website at www.FastCEUs.com for further information.