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Anger Management Effects on Middle School Students with Emotional/Behavioral Disorders: Anger Log Use, Aggressive and Prosocial Behavior

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Diana S. Salvador

**ABSTRACT.** This study examined the impact of a classroom-based, 10-week, cognitive-behavioral, anger management program plus booster sessions on middle school students with emotional disorders attending a therapeutic day school. Forty-five students were in the study; 20 received the program. The program group completed significantly more anger logs compared to the nonprogram group in both program and follow-up periods. Program students were observed to

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The authors would like to thank Jamilla Iovino, Julie Swenson, and the teachers and school clinical social workers at CPC High Point Adolescent School for their assistance.  
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Child & Family Behavior Therapy, Vol. 30(3) 2008  
Available online at <http://www.laworthpress.com>  
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doi: 10.1080/07317100802275520

**MY ANGER WORKSHEET**

**1 IDENTIFY A SITUATION WHERE YOU EXPERIENCED DISTRESS OR ANGER**  
(Who? What? When? Where? Why?)

**2 ALTERNATIVES**

Think of 2 ways you could make the situation WORSE:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

Why didn't (or wouldn't) you do that?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**3 EXERCISE**

Think of 3 ways you could make the situation BETTER:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

What would you need to do to handle the situation better next time?

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

The image shows a set of six cards arranged in a 3x2 grid. Each card features a cartoon boy with a distressed expression and the text "Control Your Anger" and "Don't let it control you!". The cards are surrounded by various scenarios written in speech bubbles:

- Top-left: "Two are..."
- Top-right: "embarrassed friend tells our secrets."
- Middle-left: "Your teacher punishes class because person who..."
- Middle-right: "over in gym."
- Bottom-left: "Your teacher..."

At the bottom of the grid is a red box with the text "Anger Management Cards" and "thehelpfulcounselor.com".

# ANGER MANAGEMENT

# Toolkit

**Strategies for "In the Moment"**  
Practice each strategy. Then, write how it helps you feel better.

**How I Feel**

**Identifying Your Triggers**  
Sometimes you can't predict situations that will cause you to feel irritated, or angry. Sometimes you can identify specific triggers. Identifying your triggers will help you better understand why you are angry in the first place.

**Verbalizing Your Feelings**  
To help other emotions, like feeling sad, and to help you feel better, it's important to verbalize your feelings. Just means being able to tell others how you feel. It's important to be able to tell others if you need help in solving any problems.

**Noticing the Physical Effects of Anger**  
Can you tell when you are getting angry? It's important to notice the effects of your anger right away. Once you can do this well, you can learn how to stop yourself and make a positive choice that will help you better control how you react when angry. Since we're all different, some of the effects of anger might be different for every person.

View the diagram and consider each of the effects of anger. Circle effects that you notice happen to you. To help, consider the most recent time you were angry and try to remember what it felt like.

- Face feels hot and gets red
- Heart starts beating faster
- Palms sweating
- Dizziness, feeling light-headed
- Jaw clenched

**Time Out Pass**  
I need a time out break right now.  
Permission given by \_\_\_\_\_  
[www.thepathway2success.com](http://www.thepathway2success.com)

**Anger Decision Sheet**

Trigger	Letting Go	Or	Acting Assertively

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Having experienced with "For Dummies" series, I expected to have a full informative book inside talking about such topic, and I find that this book has satisfied what it stands to be. Contents of the book, it teaches me how to manage anger. Having experienced with "For Dummies" series, I expected to have a full informative book inside talking about such topic, and I find that this book has satisfied what it stands to be. Content One of the best decision I made while in university undertaking my degree, during this time of distress and the time of pandemic, was to stumble upon this book and take the effort to read it. Although, a small comment need to be said, that each chapter or two, the author has the tendency to restate the main point of earlier chapters (For example, state your anger constructively) all over the next chapters, which I find it pretty boring by the time I read through the mid part, but important nonetheless, so there's not much to be complained about. Overall, great book, simple explanation topic, and I hope by the time I finish this review, I find myself to be better at managing anger (and life, I suppose). ...more The requested URL was not found on this server. Additionally, a 404 Not Found error was encountered while trying to use an ErrorDocument to handle the request. Introduction 1 Part I: Getting Started with Anger Management 5 Chapter 1: Understanding Anger 7 Chapter 2: Finding Your Anger Profile 15 Chapter 3: Deciding Whether to Change 35 Part II: Rethinking Anger 55 Chapter 4: Jump-Starting Anger Management 57 Chapter 5: Connecting Events to Thoughts and Feelings 69 Chapter 6: Reexamining Angry Thoughts 79 Chapter 7: Taking the Focus Off Yourself 103 Part III: Equipping Yourself with Anger Management Tools 113 Chapter 8: Communicating Assertively 115 Chapter 9: Solving Problems without Anger 137 Chapter 10: Relaxing Anger Away 149 Chapter 11: Practicing Non-Angry Responses 161 Part IV: Managing Anger Hotspots 173 Chapter 12: Dealing with Anger at Work 175 Chapter 13: Controlling Anger at Home with Family 191 Chapter 14: Subduing Anger in Intimate Relationships 209 Part V: Handling Anger from the Past 221 Chapter 15: Letting Go of Past Anger 223 Chapter 16: Finding Forgiveness 237 Chapter 17: Preventing Relapse 247 Part VI: Living Beyond Anger 255 Chapter 18: Soothing Stress 257 Chapter 19: Balancing Your Body 273 Chapter 20: Building Social Support 291 Chapter 21: Finding Meaning and Purpose 301 Part VII: The Part of Tens 313 Chapter 22: Ten Ways to Deal with Angry People 315 Chapter 23: Ten Ways to End Road Rage 323 Chapter 24: Ten Anti-Anger Thoughts 331 Index 339 One of the best decision I made while in university undertaking my degree, during this time of distress and the time of pandemic, was to stumble upon this book and take the effort to read it. But when it gets out of control and turns destructive, it can lead to problems—at work, in personal relationships, and in the overall quality of life. This simple sentence can be expanded into who, what, how, why, when, and where of managing anger. Provided with methods on managing anger, I find that most of the time it works when I applied some of the techniques given to the reader. Anger Management For Dummies shows you how anger is often a bi-product of other more primitive emotions, such as fear, depression, anxiety, and stress, and arms you with the strategies that can help you conquer them. Inside, you'll discover how to overcome obstacles to change, rethink rage, confront anger head-on with healthier responses, and much more. Features new and updated coverage on road rage, air rage, office rage, and dealing with angry children. Introduces you to new cognitive strategies for changing angry thinking. Explains the difference between anger and aggression. Shows you how to effectively and safely deescalate difficult people and situations. With the tools, tips, and strategies provided in this hands-on guide, you'll find everything you need to overcome anger and live a happier, more productive life. This book has given me the insight of how to manage anger, the one emotion that I always struggle since I was a child. Apache/2.4.41 (Ubuntu) Server at lillyfellows.central.edu Port 443 Your one-stop guide to anger management. Anger is a completely normal, healthy human emotion. Anger Management For Dummies provides trusted and authoritative information on anger management methods, skills, and exercises that will help you or a loved one identify sources of anger and release them healthily. Anger has become one of the most intimate issues in today's world - as life, in general, has become increasingly stressful.



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