

# High School Health

## Lesson #12: Managing Anger

### Objectives:

- In this lesson you will...
  1. Summarize impulsive behaviors that can result from anger and strategies for controlling them
  2. Describe how to express anger in healthy and constructive ways
  3. Describe how to respond to someone else's anger in healthy and constructive ways

### Vocabulary

• Constructive- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

• Destructive- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

• Impulsive- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

• Passive-aggressive- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

• Rage- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

## Student Journal

### Lesson 12: Managing Anger

---

#### Health terms

---

annoyance  
constructive  
destructive  
impulsive  
irritation  
passive-  
aggressive  
rage

#### Journal entry

Think about a time you were angry about something. Write what happened, how you felt, and what you did.

---

---

---

---

---

---

---

---

---

---

#### Controlling Impulses

Notice the impulse.

---

---

Stop and think before you act.

---

---

Count to 10.

---

---

Walk away.

---

---

Don't give up.

---

---

(continued)

## Student Journal

### **Lesson 12: Managing Anger** *(continued)*

---

#### **Dealing with Anger**

Minimize triggers.

---

---

Delay your response.

---

---

Reframe your thinking.

---

---

---

---

---

Use stress-management techniques to help you relax.

---

---

Get support.

---

---

Learn to laugh at yourself.

---

---

Express how you feel in healthy ways.

---

---

---

---

*(continued)*

## Student Journal

### Lesson 12: Managing Anger *(continued)*

---

#### **When Someone's Angry with You**

Don't mirror the anger.

---

---

Acknowledge the other person's anger.

---

---

Focus on solving the problem.

---

---

If you feel unsafe, walk away or get help.

---

---

Change the relationship.

---

---

#### **Class discussion notes**

---

---

---

---

---

---

---

---

---

---

---

# My Plan for Dealing with Anger

**Directions:** List 3 of your anger triggers. Be specific. Complete the chart by describing at least 1 impulsive behavior that might happen in response to the anger trigger, and at least 1 strategy you learned today that you think would work to help you control this impulsive response. Then answer the questions.

Anger Trigger	Impulsive Response	Strategy for Controlling the Impulse
1.		
2.		
3.		
1. Describe a time you might be angry at someone. It can be a situation that actually happened to you, or one you think might happen in the future.		
2. What are at least 3 strategies you could use to deal with your anger in this situation in a healthy way?		
3. When and where might be a good time to talk to the person about why you're angry?		
4. Using an I-message and assertive communication, write what you could say to express your anger to this person in a healthy and constructive way.		
5. Describe a situation in which someone was angry with you. It can be a situation that actually happened to you, or one you could imagine happening.		
6. Which strategies for responding when someone is angry do you think would work best in this situation and why? Describe at least 2.		

## Self-Check

- I listed 3 anger triggers.
- I described at least 1 impulsive behavior that could happen in response to each trigger and at least 1 strategy for controlling the impulse.
- I described a time I might be angry and 3 strategies for dealing with my anger in healthy ways.
- I described a good time to talk and wrote what I could say using I-messages and assertive communication.
- I described a situation in which someone was angry with me and at least 2 strategies I could use to respond.