

Presentation Outline

Class: Family Support

Curriculum: Anger Management

Time Frame: 1hr. and 30 min.

Facilitator: Lauren Davis

INTRODUCTION: Anger is a normal and necessary expression of human emotion. In its proper use, it signals the need for corrective action to danger or wrong. But like fire, anger turns from being helpful to being harmful when it goes unchecked; leading to physical, verbal and emotional abuse. In our fast-paced modern world, this problem has reached epidemic levels. Whether its at home, or at work or school - or the “road rage” we often experience in between - uncontrolled anger ill-effects us all. And so our subject today is ‘Anger Management’. Let’s begin by examining the causes of uncontrolled anger, along with some practical steps we can take to correct it.

MAJOR PROBLEMS: Here are the three basic roots of uncontrolled anger.

- **Unforgivingness - Old wounds left untreated eventually poisons our minds, which causes our anger to become excessive. Unwillingness to forgive is rooted in pride, emotional pain, and a sense of unfairness, leading to:**
 1. Bitterness
 2. Resentment
 3. Cruelty

- **Stress - When we attempt to control other people and events, or take on more responsibilities than we can handle, we interrupt healthy sleeping patterns, form bad eating habits and abuse drugs and alcohol, which makes it more difficult to control our anger. This tendency toward “playing God” causes:**
 1. Frustration
 2. Exhaustion
 3. Depression

- **Fear - Normal anger becomes uncontrollable when events in our lives trigger unresolved feelings of hurt or harm from the past. Fear is rooted in self-doubt and unresolved guilt and leads to:**
 1. Anxiety
 2. Paranoia
 3. Isolation

SOLUTIONS:

- **Let go of past offenses - There’s nothing more harmful to the human spirit than bitterness and meanness caused by an unwillingness to forgive. In order to better manage our anger, we must simply accept the fact that emotional pain is a necessary part of the process of life.**
- **Let it be - The greatest control is self-control. Learning to accept those things we have no power over, along with setting reasonable limits on our responsibilities are real keys to controlling our anger.**
- **Develop faith and love - Contrary to popular opinion, the opposite of love is not hate; its fear. The more we grow in love toward our fellow man and faith that everything will be alright, the more our fears - and the uncontrollable anger they produce - become manageable.**

INTERACTION: Handout activities, re: “Anger”

- **Read situation sentences and make them into positive and negative.**

- Take an anger survey - “Self Test”.
- Open the floor for discussion.

CONCLUSION: In order to successfully manage our anger, we must first be willing to release past hurts and offenses that poison our minds with bitterness. We must also learn to “live and let live”, and simply accept those things that are beyond our right or ability to control. And most importantly, we must recognize that the ultimate solution to uncontrolled anger is love. Each of us must develop our capacity to operate in love - for our higher power, for ourselves and for our fellow man.