

**The Hassle Log** is an important part of this resource. It has been designed to help students learn the skills of assessing their own behavior and monitoring their own progress over how they manage their anger. It presents a structured 'non-judgemental' framework for students to reflect on how they handled their anger in a given situation. The log should be used at every session where anger is the focus.

Many students will also benefit from keeping a journal in which they paste their Hassle Log over a negotiated period of time, perhaps a week or two weeks.

The Hassle Log should be seen as a platform for learning. If students record negative experiences about their anger – this is an opportunity to address what happened and to plan for a different outcome next time.

### *Starting off each session*

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- Begin each session on anger in the same way. Ask students to think about the most recent thing that happened to make them feel angry.
- Individuals can spend a quiet few minutes completing the Hassle Log about this incident.
- Those who want to tell the group their most recent 'angry' stories can do so. Use this opportunity to focus on what they did, how they think they handled the situation and what they could have done differently. Focus too on drawing out what the consequences of their actions were / might be.
- For students to feel confident telling their stories, aim for this to be an open forum where judgements aren't made. Use questions like:
  - What did you do then?
  - How did you feel?
  - Why do you think you felt like that?
  - How might the other person have felt?
  - What could you have done differently?

Emphasize the need for confidentiality, "What's said within this room stays within this room."

Discussions can be led by the teacher at first, modelling questions, later other students can take on this facilitating role. Build up confidence in students role-playing other people's 'angry' stories and see if they are able to come up with alternative outcomes for each other.

# THE HASSLE LOG

NAME \_\_\_\_\_ DATE \_\_\_\_\_



## This is what happened



- |  |  |
|--|--|
| Someone teased me <input type="checkbox"/>                   | Someone took my things <input type="checkbox"/>          |
| Someone ordered me about <input type="checkbox"/>            | Someone started a fight with me <input type="checkbox"/> |
| Someone did something I didn't like <input type="checkbox"/> | I did something wrong <input type="checkbox"/>           |
| Other _____  |  |

## This is when it happened

- |                                   |                                       |  |
|-----------------------------------|---------------------------------------|--|
| In Class <input type="checkbox"/> | After school <input type="checkbox"/> | Before school <input type="checkbox"/> |
| Recess <input type="checkbox"/>   | Lunch time <input type="checkbox"/>   | At home <input type="checkbox"/>       |
| Other _____                       |                                       |  |

## This is how angry I felt

- Annoyed     Quite angry     Angry     Really Angry     Burning



## This is who made me angry



- |                                  |                                  |                                       |
|----------------------------------|----------------------------------|---------------------------------------|
| Student <input type="checkbox"/> | Teacher <input type="checkbox"/> | Staff member <input type="checkbox"/> |
| Parent <input type="checkbox"/>  | Family <input type="checkbox"/>  | Someone else _____                    |

## This is what I did

- |  |  |  |
|--|--|--|
| Hit back <input type="checkbox"/>        | Kicked <input type="checkbox"/>        | Yelled <input type="checkbox"/>                      |
| Swore <input type="checkbox"/>           | Argued <input type="checkbox"/>        | Cried <input type="checkbox"/>                       |
| Ran away <input type="checkbox"/>        | Went silent <input type="checkbox"/>   | Hurt myself <input type="checkbox"/>                 |
| Hid somewhere <input type="checkbox"/>   | Got revenge <input type="checkbox"/>   | Negotiated <input type="checkbox"/>                  |
| Compromised <input type="checkbox"/>     | Took time out <input type="checkbox"/> | Talked about it <input type="checkbox"/>             |
| Asserted myself <input type="checkbox"/> | Ignored it <input type="checkbox"/>    | Damaged property <input type="checkbox"/>            |
| Told someone <input type="checkbox"/>    | Calmed down <input type="checkbox"/>   | Thought of the consequences <input type="checkbox"/> |
| Got help <input type="checkbox"/>        | Other _____                            |  |

## This is how I handled the situation

- Very well     OK     Not well at all



The outcome of the situation was...



This is what I would do differently next time