



## Let's Talk About Getting Things in Perspective

Spend some time talking about specific things that regularly make you feel angry. For example, does one of your siblings constantly do something that makes you wild? Does someone in class tease you? Identify a couple of these things and do this problem-solving exercise which focuses on getting you to think about it a different way. Use the *Is It Worth the Fuss?* sheet (p. 54). Ask yourself:

### **Is this really something worth getting angry about?**

Think about it in the cool light of day. Try and pin-point exactly why you get angry. What underpins the feeling? Is it worth the effort of getting angry? Can you just 'ignore' it or 'let it go'? What would be the worst thing that could happen if you did ignore it? Do people 'bait' you so that they can enjoy seeing you get angry? What would happen if you **didn't** take the bait? Think about the last time you were angry. Did you get over it? How? It's history now, and you probably thought it was really important at the time, didn't you? It's worth keeping in mind that all things pass. Remember when you were a little kid and you got angry? You probably laugh now at the things that made you angry then.

### **Does anyone else get angry about the same thing?**

If they do, find out how they deal with it or just talk to them to share the issue – they may be glad to talk. Talking about it may help you put it in perspective.

### **Can you break it down?**

Think about the last time this thing made you angry. What led up to it? What happened exactly, in a step-by-step sequence? What did you say? What did the other person say? How did you feel exactly? Read through what you have written — can you identify anything there that needs to be worked on, either by you or you and the other person together to make sure you don't keep repeating the pattern?

### **Does it really matter anyway?**

If you just let this situation go, instead of reacting to it, will it really matter anyway? If it does, will it matter in six months or a year? If it can't be fixed immediately bear in mind that you will probably have plenty of opportunities to fix it sometime. As long as you have done your best to address the anger you feel in this situation, and you try each time this situation comes up, it will improve. Remember that anger has a 'cost' — it could 'cost' you a friendship.



## Let's Talk About Thinking Ahead

No matter what decision people make about how to handle a situation that has made them angry, it will have consequences. A good decision generally leads to good consequences and a poor decision will probably have bad consequences.

We can prepare ourselves to think ahead to what sorts of negative consequences the results of our anger might have. The consequences might be social (how others see and relate to us) or they might be external (we might be suspended, or stopped from doing something we like). We might end up seeing ourselves in a bad light too. Consequences can also be short (immediate) or long term (after the incident). Use the sheet **Considering the Consequences** (p. 55) to focus on this.

- Discuss the concept of consequences and why it is important to think about what the consequences of something might be before people act. Apply it to other things in life. What are the consequences of being late for school? Not doing homework?
- Ask students to pick one of the behaviors they choose when they are angry that is not a good choice and record it in the sentence at the top of the page under **short-term consequences** and at the bottom of the page under **long-term consequences**. Discuss the difference between short- and long-term consequences.
- Discuss and record both the short-term and long-term consequences of that choice. Repeat the process with a second example of a negative choice.

**Note:** Use copies of p. 55 for different kinds of consequences: social, external, how we see ourselves. Use these prompts: I feel... (Self perception) Others think... (Social) Something that could happen is... (External)



# Is It Worth the Fuss?



**What is the situation?**

**Is this really something worth getting angry about?**

Yes because ...

No because ...

**Does anyone else get angry about the same thing?  
How do they handle it?**

**Can you break it down?**

**Does it really matter anyway?**

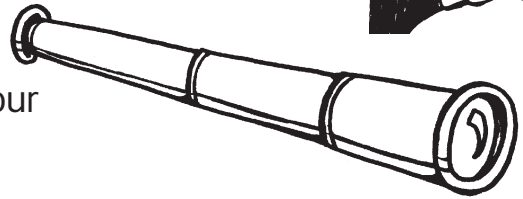
Why? Why not?



# Considering the Consequences



When you are angry you can choose how to handle the situation. However you also need to *think* ahead to consequences of your choice. Where might it take you?



## **Short Term Consequences**

- When I am angry I could choose to
- If I do this the likely short-term consequences are
- This will mean that

- When I am angry I could also choose to
- If I do this the likely short-term consequences are
- This will mean that

## **Long Term Consequences**

- When I am angry I could choose to
- If I do this the likely long-term consequences are
- This will mean that

- When I am angry I could also choose to
- If I do this the likely long-term consequences are
- This will mean that