

Coping Through the Levels of Anger and Aggression

Levels of Anger	Feelings, Thoughts, & Body Acting on Anger: Aggressive Behavior Examples	Ideas to level down Coping Methods
<p>Displeased</p>	<p>You feel displeased, annoyed, irritated, offended, or threatened. You don't like what is happening or what happened.</p> <p>Many wear anger like a mask for other emotions like fear, shame, embarrassment, disappointment, or sadness.</p> <p>You have not acted on your anger.</p>	<ol style="list-style-type: none"> 1. Think of the problem from a different perspective(s) 2. Problem solve & conflict resolution 3. Take turns listening and talking respectfully 4. Focus on something else 5. _____ 6. _____
<p>Angry</p>	<p>You feel angry. Your heartbeat & breathing get faster. Your muscles are tense, your face is hot, or you might pace the floor.</p> <p>Aggressive Behavior Examples:</p> <ul style="list-style-type: none"> ○ Argue, criticize, back bite, gossip ○ Change in tone of voice (sassy, sarcastic) ○ Angry face, eye roll, clench fists 	<ol style="list-style-type: none"> 1. Stop talking about the issue 2. Acknowledge your anger: you don't have to act on it 3. Label your anger ("I'm having the feeling of annoyance") 4. Think about under the anger: are you scared, anxious, ashamed, or another emotion? 5. Write or draw about the issue and your feelings 6. _____
<p>Furious</p>	<p>You feel furious! It is hard to think clearly. You want to shout.</p> <p>Aggressive Behavior Examples:</p> <ul style="list-style-type: none"> ○ Yell or scream ○ Name calling or other hurtful words ○ Threatening body language and gestures (in their face, hover over them, chase them, lunge towards them) 	<ol style="list-style-type: none"> 1. Take several deep breaths 2. Delay your choices: try counting to a number 3. Take a break: you can solve another time 4. Leave the situation if needed: see Family Safety Plan 5. Do pushups, sit ups, jumping jacks, playdough, or art 6. _____
<p>Enraged</p>	<p>You feel enraged! You really want to hurt somebody or break something.</p> <p>Aggressive Behavior Examples:</p> <ul style="list-style-type: none"> ○ Hurt other people (hit, kick, push, shove) ○ Use force with objects (throw, break, or damage things) ○ _____ ○ _____ 	<ol style="list-style-type: none"> 1. Leave the situation: see your Family Response Plan 2. Describe the things around you. For example, how does the wall feel? Is it smooth or rough? 3. Imagine your favorite place or activity. 4. Practice relaxation techniques: deep breathing, guided imagery, or muscle relaxation: Free Resources Here 5. Reach out to a trusted adult, relative or counselor to talk through your anger 6. Use activities to calm down: exercise, art, writing, music, _____



We all feel angry at times, but the goal is to feel content, satisfied, or grateful.



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