





COPING THROUGH THE LEVELS OF ANGER AND AGGRESSION



Level of Anger	Feelings, Thoughts, & Body Acting on Intense Emotions Examples	Ideas to Cool Down Different ideas work for different people!
<p>Displeased</p> 	<p>You feel displeased, annoyed, irritated, or offended. 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. Can you solve the problem? If yes, what can you do? 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>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 fist 	<ol style="list-style-type: none"> 1. Stop talking about the issue. 2. Acknowledge and label your anger. "I am annoyed". Remember you don't have to act on your anger. 3. Think about what's underneath the anger: are you scared, anxious, ashamed, or another emotion? 4. _____ 5. _____
<p>Furious</p> 	<p>You feel furious! It is hard to think clearly. Your heart is pounding. You want to shout.</p> <p>Behavior Examples:</p> <ul style="list-style-type: none"> • 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. Move! Do pushups, sit ups, jumping jacks. 5. It's okay to say you're too furious to talk about it or to continue. This is the time to take care of yourself.
<p>Enraged</p> 	<p>You feel enraged! You really want to hurt somebody or break something.</p> <p>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) • Some people hurt themselves 	<ol style="list-style-type: none"> 1. Leave the situation: take a break, go for a walk or run. 2. If you can't leave, focus on the things around you. For example, count how many light switches you can see. 3. Imagine your favorite place or activity. 4. Practice relaxation techniques: deep breathing, muscle relaxation or guided imagery (check QR code). 5. Reach out to a trusted adult, relative or counselor to talk through your anger or stress. 6. Use additional activities to calm down: exercise, art, writing, music as soon as you can.



Watch a 5 minute Guided Meditation for Teens

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