Appendix 3

Booklets: Master Copies

A Guide to How Anger Works

Hassle Log

Copy pages back-to-back, fold to A5 size & staple. Booklet covers should be copied separately in a different colour.
a guide to
getting along &
keeping cool

how anger works
getting along & keeping cool
a guide to how anger works
A guide to help you work out how your anger works...

HASSLE LOG

Date __________ Morning _____ Afternoon_____ Evening _____

Where were you? ___________________________________________

What happened?
Somebody put me down
Somebody yelled at me
Somebody told me to do something
Somebody was doing something I didn't like
Somebody started fighting with me
I did something wrong
Other ___________________________________________

Who was that somebody? ___________________________________

What were your feelings? angry _____ frustrated ___ scared ___
shamed-out ____ put down _____ sad ______ other ______

What did you do? hit someone____ breathe deeply _____ visualise ______
cried ______ count backwards _____ ignored ______
yelled _____ walked away calmly_____ talked to friend____
restrained ____ took time out ______ was assertive____
ran away ______ used chill-out phrase ______ changed thinking____
broke something _____ talked to adult _____ other ______

What happened next? _______________________________________

How full-on were your feelings?
not at all  1    slightly  2    quite a bit  3      very full-on  4     extremely  5

How did you handle yourself?
poorly  1    not so well  2    okay  3    good  4    great  5

What's a pot got to do with it???
Read on!

Produced by
Centre for Clinical Interventions (CCI)
& YouthLink
When you’re angry do you:

1. Keep it in?
2. Act without thinking? Become aggro?
3. Work out the best way of dealing with it?

Aggression is a behaviour. It usually leads to more problems.

Anger is a feeling. Getting some understanding of how anger works for you and how you need to improve things, is a huge step in making changes.
Everyone has stuff inside their pressure cooker.

The 'stuff' is past events which haven’t been sorted out. This could be anything from:
- fighting with someone an hour ago
- the bus being late in the morning
- watching domestic violence as a kid.

If it’s not dealt with, stuff builds up until you’re so 'full' you explode really easily.

Try to work out what needs sorting out then use one of the strategies already suggested:
- let off steam
- use straight talk and express your feelings
- negotiate
- work out the best solution
- use cool self-talk.

It may be important to talk things over with a friend or your parents or a counsellor.

How do you know when you're angry?

- Aggressive thoughts
- Pupils dilate
- Feel hot in face
- Want to yell
- Hair stands up
- See white
- Grit teeth
- Sweat
- Breathing changes
- Pupils dilate
- Feel hot in face
- Want to yell
- Hair stands up
- See white
- Grit teeth
- Sweat
- Feeling hot in hands
- Shaking hands
- Heart pounds
- Shaking hands
- Pacing
- Shaking legs
- Physical changes
- Mental changes

Getting Along & Keeping Cool
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**PRESSURE COOKER of ANGER**
*Understanding the Anger/Aggression Response*

- **Loose or tight lid** – The way you express your feelings
- **Steam release** – What you do with physical tension
- **Contents of cooker** – unresolved anger
- **Match/spark** – The external triggers
- **Flame** – thoughts about the situation

The flame is your angry or aggressive thoughts. Your thoughts (or ‘self-talk’) make all the difference to how angry you get.

If you want to be cool... **THINK COOL.**
This is a simple but powerful way of controlling anger and aggression.

*Some examples:*

- I don’t want to be part of this
- So what if they stare at me.
- That person’s got a problem
- Don’t stress ...
- Who cares...
Loosening the Lid

24. THINK OF OTHER WAYS OF DEALING WITH EACH PROBLEM

a. Think of all your options for the problem.

b. Weigh up each option - the good and the not so good things about each.

c. Think of the consequences.

d. THINK OF OTHER WAYS OF DEALING WITH EACH PROBLEM

How a PRESSURE COOKER works

The match lights the flame which boils the pot. If you have a very hot flame, lots of stuff in the pot, lid on tight and no steam release, the lid blows off quickly.

The alternative? Put out the match, lower the flame, empty the contents as much as possible, loosen the lid and open the steam release.

How ANGER and AGGRESSION work

Blowing your top when you’re angry is a bit like a pressure cooker blowing its lid. You have anger triggers (the matches) which set off angry or aggressive thinking (the flames). If you have left over stuff from the past which is simmering away in the pot, this begins boiling rapidly. If you have no outlet for reducing tension (steam release) and are unable to express your feelings in the right way (tight lid), you’re likely to ‘blow your top’.
THE MATCH

The matches or sparks are your external triggers of anger. Everyone’s triggers are different.

Some examples:
- Someone puts you down
- Someone stares at you
- Someone yells at you

Deal with it in two easy steps:

1. Get to know your own triggers.
   What, who, when, where?? A ‘hassle log’ can be useful for this (see back of this booklet).

2. Put out the spark by
   - avoiding situations or
   - preparing for them or
   - not getting sucked in by them.

Loosening the Lid

3. NEGOTIATE

If you disagree with someone about something, be assertive and negotiate:

a. ASK for what you want.
b. LISTEN to what they’re saying.
c. COMPROMISE if at all possible.
d. Make an AGREEmement.
2. BE ASSERTIVE - SAY IT STRAIGHT

Work out whether it’s worth saying anything.

Then, if you think it is...

The steps for talking straight:

a. Describe the situation (eg “When you…”).
b. State how you feel about it (eg “I feel…”).
c. Say what you would like to change (eg “I would like you…”).
d. Say what you will do in return (eg “Then I would…”).

Be as calm as possible.

Examples:

“When you keep asking me about my day, I get really annoyed. If you don’t ask me I’ll try to make an effort to tell you some things.”

“When you read my diary I feel you’re invading my privacy and I get extremely angry. If you’re worried about me, just tell me and we’ll talk about it.”

The steam release is the way you let go of physical tension. This is the important first step in dealing with anger. The aim is to COOL DOWN enough so you can CHOOSE how to respond. Everyone’s different...

What works for you?

A walk or run?
Deep breathing?
Music?
Time out?
Relaxation?
The 'lid' is how tightly you keep in your feelings. If you hold things in really tight, pressure builds up. Having a 'loose lid' means that you have effective ways of expressing anger and other strong feelings.

4 ways to loosen the lid...

1. Be clear on what you’re angry about.
2. Be assertive – say it straight.
3. Negotiate.
4. Think of other ways of dealing with problems.

These 4 things are explained on the next few pages.

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1. BE CLEAR ON WHAT YOU’RE ANGRY ABOUT

First, ask yourself – is it worth being angry?

It may help you to consider...

SOME RIGHTS...
The right to make mistakes.
The right to privacy.
The right to question anything you don’t understand.
The right to be treated with respect.
The right to be listened to.

SOME RESPONSIBILITIES ...
The responsibility of owning your feelings.
The responsibility to explain yourself if you want to be understood.
The responsibility to ask for something if you want it.
The responsibility to respect that others have the same rights as you.
getting along & keeping cool

hassle log
getting along & keeping cool
hassle log
HASSLE LOG

Date ___________  Morning _____   Afternoon_____  Evening _____

Where were you?  _________________________________________

What happened?
Somebody put me down
Somebody yelled at me
Somebody told me to do something
Somebody said something I didn’t like
Somebody started fighting with me
I did something wrong
Other  _____________________________________

Who was that somebody?  _______________________________________

What were your feelings?  angry _____ frustrated ____ scared ____
shamed-out ___ put down _____ sad _____ other _____

What did you do?
hit someone______ breathe deeply ____ visualise _______
cried _______ count backwards ______ ignored _______
yelled _______ walked away calmly_____ talked to friend___ was 
restrained _______ took time out ______ was assertive ____
ran away _______ used chill-out phrase____ changed thinking __
broke something ______ talked to adult ______ other _________

What happened next?  ___________________________________________

How full-on were your feelings?
1 not at all  2 slightly  3 quite a bit  4 very full-on  5 extremely

How did you handle yourself?
1 poorly  2 not so well  3 okay  4 good  5 great
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#### Where were you?

Where

#### What happened?

- Somebody put me down
- Somebody yelled at me
- Somebody told me to do something
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- Somebody started fighting with me
- I did something wrong
- Other

#### What did you do?

- Hit someone
- Breathe deeply
- Visualise
- Cried
- Count backwards
- Ignored
- Walked away calmly
- Talked to friend
- Was restrained
- Took time out
- Ran away
- Used chill-out phrase
- Changed thinking
- Broke something
- Talked to adult
- Other

#### What happened next?

#### How full-on were your feelings?

1. Not at all
2. Slightly
3. Quite a bit
4. Very full-on
5. Extremely

#### How did you handle yourself?

1. Poorly
2. Not so well
3. Okay
4. Good
5. Great
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**Who was that somebody?**

**What were your feelings?**
- angry
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**What did you do?**
- hit someone
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**What happened next?**

**How full-on were your feelings?**
- not at all
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**How did you handle yourself?**
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