

ANGER

Symptoms

1. Angry outburst that are out of proportion of the precipitating events.
2. Strained interpersonal relationships with peers due to aggressiveness and anger.
3. Verbal threats to siblings, peers or adult authority figures.
4. Underlying feelings of depression or insecurity that contribute to angry outbursts.
5. Frequent fighting or arguing
6. Pattern of destroying property or throwing objects when mad

Possible Causes

1. Lets emotions build up and then blows up
2. Been exposed to a frustrating or hostile environment
3. Learned behavior - got desired results in the past from throwing a tantrum
4. Underlying feelings of depression, anxiety or insecurity

Goals

1. Express anger through appropriate verbalizations and healthy physical outlets
2. Resolve core conflicts that contribute to the emergence of anger control problems
3. Be respectful to peers and adults
4. Parents set consistent consequences when the student is verbally or physically aggressive.
5. Stop destruction of property, physical aggression and acts of violence

How to Help

1. Teach how to diffuse anger early. Learn how to appropriately express minor irritations immediately.
2. Use therapeutic anger games to assist student in becoming more verbal about feelings
3. Examine the core conflicts that are contributing to the anger problems
4. Arrange for adult male companionship for fatherless boy
5. Assist parents in establishing rules and consequences for student's angry outbursts
6. Use art, play or role-plays to practice strategies to handle anger
7. Encourage participation in extracurricular activities that provide a physical outlet
8. Use the empty chair technique to express anger about past or current people that make the student angry.
9. Place student in an anger counseling group to improve anger control and interpersonal skills.

10. Assist student to identify successful strategies they have used in the past to control their temper.