**BMW Form1 Term 2**

**What is Anger ??**

**Anger** is an emotion usually creating a revengeful passion, excited by a real or supposed, injury to one’s self. This may be a physical, emotional or mental injury. (Dictionary explanation) **Everyone experiences anger. It is an emotion. The important lesson is recognizing the triggers to your anger and managing your anger to achieve a calm positive outcome.**

**Anger** is more general and expresses a less strong feeling than rage and wrath. Both of these imply a manifestation of extremely violent behavior.

**Anger** can be strong enough to affect our reasoning and influence our behaviour to do

harm to others.

Now, there are different levels of anger.

* Frustration
* Mad
* Furious
* Boiling Mad

Discuss

What are the triggers that occur when we are getting angry??

Everyone experiences some form of trigger.

Here are some:

* Tight Jaw
* Tears
* Hot face
* Tight muscles
* Shallow dizzy breathing
* Speeding heart rate
* Clenched Fist
* Feelings of confusion.
* Flared nostrils

**Why should we find ways to control our anger???**

**Can anger affect our health?**

**Can uncontrolled anger cause us to harm another being??**

**Will there be consequences to how we react when our anger buttons are pushed??**

What makes us feel Frustrated??

What makes us feel Mad??

What makes us feel Furiously Mad??

What makes us feel Boiling Mad??

Not everyone would have felt these levels of anger.

**Behaviour.** Let us discuss what you usually do when you get angry??

--Pretend that you are not angry

--Use the silent treatment

--Sulk and mumble to yourself quietly

--Call Names

--Tease

--Insult and make smart remarks

--Talk about someone’s mother

--Talk behind someone’s back

--Yell

--Push, shove, or kick

--Bite

--Use obscene gestures

--Curse

--Threaten

--Hit

**Possible, Positive, Appropriate Actions**

**--**Pay attention to your own warning signals. What is it making you angry?

--Be aware of how your body is responding when you are becoming angry.

--Breathe deeply and calm yourself. Inhale and exhale very slowly

 5- 10 times.

--Practice muscle relaxation.  Tighten and loosen the muscles in your hands, arms, and legs.

--Calmly explain your position

--Listen to the argued point and consider a different point of view.

--Walk away from the situation.

--Accept responsibility for your shortcomings.

--Hum a tune to keep you calm

--**Forgive the person causing the anger and move on.**

**So Let’s Recap.**

1) Anger is an emotion we all experience.

**2**)  The way you handle your feelings should help you feel better without resorting to violence.

3)  There are steps you can take to recognize and control your anger

4)   Forgive