

Anger

Symptoms

1. Angry outburst that are out of beyond the precipitating event.
2. Strained interpersonal relationships with aggression.
3. Verbal threats with family members, friends, and peers.
4. Feelings of depression or insecurity that lead to angry outburst.
5. Frequent outburst, fighting or arguing.
6. Vandalism, uncontrolled flinging of objects, or hitting walls.

Possible Causes

1. Lets emotions build up then unloads
2. It runs in the family
3. This is a learned behavior to control other people
4. Undercurrent of feeling depressed, anxiety, insecure or unwanted.

Goals

1. Exercise and express anger in a healthy verbal guided discussion
2. Explore inner self-conflicts that cause anger or control problems.
3. Relearn how to be respectful to others in spite of being angry.
4. Put in place a structure environment to assist in feeling safe reducing anger outburst.
5. Stop vandalism, destruction, and acts of violence.

How to Help

1. Teach conflict resolution skill early in the stages of development for youth.
2. Use play therapy to assist kids in learning how to defuse anger around the home.
3. Model positive behavior when deal with with anger and angry students.
4. Arrange for a positive community mentor to assist angry youth.
5. Assist parents with rules to keep a youth safe.
6. Use art to assist students in expressing feelings and emotions.
7. Encourage participation in extracurricular actives and team sports.
8. Use the empty chair to explore feelings and process behaviors.
9. Contact Koochiching anger support group meeting Tuesday night after school. See guidance office for more information or Kath at: koluk@co.st-louis.mn.us
10. Ask the scaling question: Have you feel like this before? What did you do to make it better? Can we do that again to see if it helps?