

Six Steps to Help Control Anger



STOP - Take a minute before you react. Do something to buy some time – count to 10 or 100, say your ABCs, recite your phone number – anything to give yourself some time to cool down before you act.

LOOK - Notice how your child reacts to you. Does he draw back in fear or become defiant? These responses may indicate that you are overreacting to the problem.



LISTEN - Let your child tell what happened. There is more than one side to every story, and one person's version may not tell you everything you need to know.

THINK - You don't have to react immediately. Give yourself some time to think of the best solution. We often regret what we do in haste.



ACT - Deal with your anger first, then carry out the discipline in a calm manner. Remember that you want to teach your child the right way to behave, not just stop the wrong or negative behavior. Be sure you tell your child what you want him or her to do in the future – not just what he or she did wrong this time.

SHOW LOVE - Remember to always show your child love. You may dislike the behavior, but you still love the child. Once you have disciplined your child for the misbehavior, don't bring it up again.



Anger Management Role Plays

1. Ten year-old Jason comes home from school to find four-year old Bobby playing with his baseball card collection. One of Jason's favorite cards is bent. He yells at Bobby to leave his card collection alone. Then he hits Bobby on the arm. Bobby begins to cry and runs to you saying "Jason hit me." You respond, "Jason, I have told you time and time again not to hit your little brother. Now, go to your room and don't come out until you can be nice."

Questions:

How does the parent feel?

How does Jason feel?

How does Bobby feel?

What are some other ways the parent could have responded?

2. Mom has been at the grocery store for 45 minutes trying to buy groceries for the week. When Mom gets to the check-out stand, two-year-old Sarah, who is riding in the grocery cart, grabs a candy bar off the rack. Mom tries to get it away from her, but she yells "MINE" and starts to scream and cry. Mom pries the candy bar from her fingers, but she has already squished it. Mom has to buy the candy bar even though money is tight. Mom tells Sarah she cannot have the candy bar. Mom says "I will take care of you when we get to the car." Sarah just screams and cries more.

Questions:

How does Mom feel?

How does Sarah feel?

What could Mom do differently?

What could Mom do to prevent this from happening?

3. Mom and Dad are in the bedroom discussing something important while 12-year-old James and 10-year-old Julie are doing the dishes after supper. Suddenly, there are loud voices from the kitchen. Julie is yelling "Stop that." James is laughing. Suddenly there is a crash and the sound of broken glass. Julie yells "It's your fault! You made me drop the glass. I'm telling!" Dad storms into the kitchen yelling "Can't you do one thing we ask you to do? You can't even wash the dishes without causing a mess and breaking dishes. Now, clean up this glass and finish the dishes without saying another word. You'll have me to deal with when you are through." Mom says, "Jim, you're too hard on them. Besides, James is the one who started it. You shouldn't punish both of them."

Questions:

How does Dad feel?

How does Mom feel?

How do James and Julie feel?

What could the parents do in this situation?