

ANGER MANAGEMENT AND VIOLENCE PROTECTION

List of Basic Facts

1. **Violent behavior is intended to do harm. It can be emotional, to express anger, or instrumental, to attain a goal**
2. **It is never acceptable to use violent or harmful behavior to express anger.**
3. **No matter what has influenced a person to be violent, it is his or her responsibility to choose to learn nonviolent and helpful ways to express anger**
4. **Feelings aren't good or bad, or right or wrong; they just are**
5. **Putting thinking between your feeling and your behavior enables you to choose helpful ways to express feelings.**
6. **Six ways to express anger are stuffing, withdrawing, blaming, triangling, exploding, and problem solving.**
7. **Parents usually love their children, even when the parents are choosing to use violent or harmful ways to express their anger.**
8. **Children usually love their parents, although they may feel hate for the parents if the parents are using violent ways to express their anger.**
9. **When teens are angry about a problem they can't change, they should:**
 1. **Accept what they can't change.**
 2. **Express their anger so they can let it go.**
 3. **Do something good for themselves.**
10. **When teens are angry about a problem they can change, they should use their anger to give them the power to make changes in themselves by learning to use problem-solving skills**
11. **Five good problem-solving skills to use in anger situations are I statements, reflective listening, kill-them-with-kindness sandwiches, apologizing, and negotiating a compromise.**
12. **Chunking it down is a good way to start on a long-term goal.**
13. **The anger management steps help teens put thinking between the feeling of anger and the behavior of anger.**
14. **The anger management steps are:**
 1. **Recognize that you're angry.**
 2. **Accept your anger.**
 3. **Practice relaxation.**
 4. **Decide if it's a problem you can't change or a problem you can change.**
 5. **Thank about helpful and harmful ways to express the anger.**
 6. **Evaluate the consequences.**
 7. **Choose a best way.**
 8. **Problem-solve or express your anger in a helpful way.**
15. **No matter what you believe about the causes, family violence will end only if each person decides never to use violence in his or her own life.**
16. **To set limits against the use of force in a relationship, speak in a calm, rational way, firmly, and with conviction and determination.**
17. **The three Cs are:**
 1. **Teens don't cause their parents to use violence to express anger.**
 2. **Teens can't control how their parents express anger.**
 3. **Teens can't change their parents' use of violence to express anger.**
18. **The four steps teens can take if they live in a violent family are:**
 1. **Find a safe place for themselves.**
 2. **Ask an adult for help if the parents are out of control with their violence.**
 3. **Learn to put thinking between their feeling and their behavior.**
 4. **Choose to learn nonviolent ways to express their own feelings, and learn to use problem-solving skills in anger situations.**
19. **Teens can't fix their parents' problems.**
20. **Teens can take good care of themselves.**
21. **Teens need to take good care of their bodies, their minds, their feelings, and their choices.**