

**SESSION**

**6**

ANGER MANAGEMENT I (CHILD ONLY)

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**SESSION TOOLS**

**The following materials are included for you to utilize during Session 6 of this module:**

**Handout:** Parent-O-Meter

**Handout:** Goal Line

**Handout 6.1:** Feeling Chart

**Handout 6.2:** Anger Thermometer

**Handout 6.3:** Words of Anger

**Handout 6.4:** Coping Statements

**Handout 6.5:** Anger Thermometer Record Form

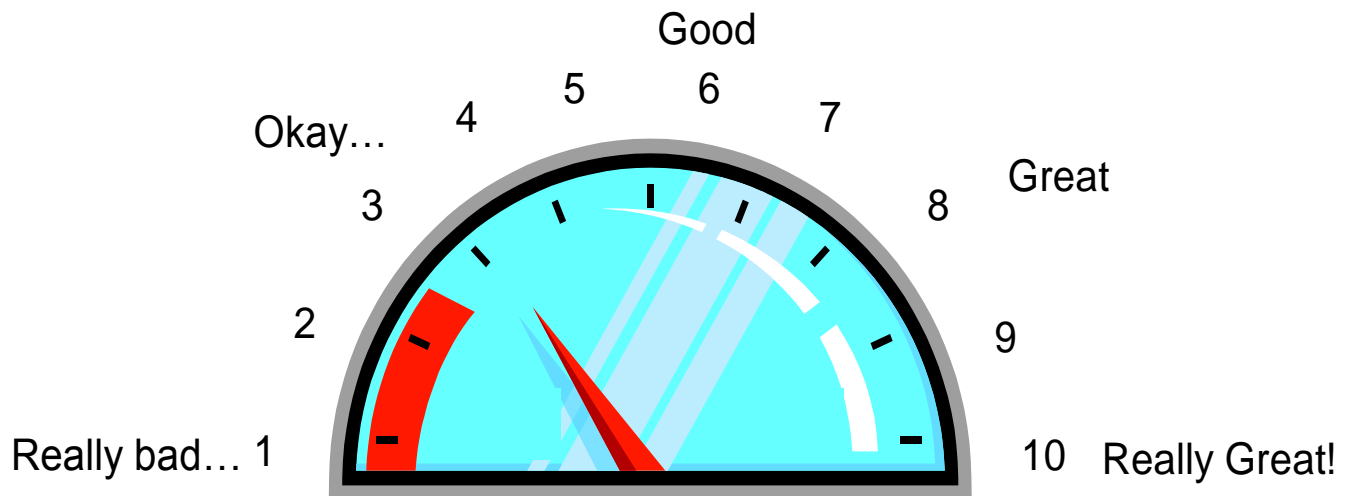
**Handout 6.5 continued:** Anger Thermometer Record Form

# Parent-O-Meter

This Week's Goals: \_\_\_\_\_  
\_\_\_\_\_

How did my parent(s) do?

CIRCLE A NUMBER!



# Goal Line



**Directions:** Place a check mark in the “Progress” Box each time a Goal is completed.

Number	Goal	Progress						
		M	T	W	Th	Fr	Sa	Su
1								
2								
3								
4								
5								

**Rewards for Goals Achieved:**

**Ex., 4 checks for homework done before TV time = One hour of an activity with Mom or Dad**

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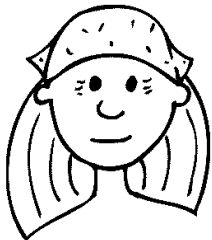


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Handout 6.1  
Feeling Chart



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Research Unit (2003)

HANDOUT 6.2  
Anger Thermometer

**INTENSITY**

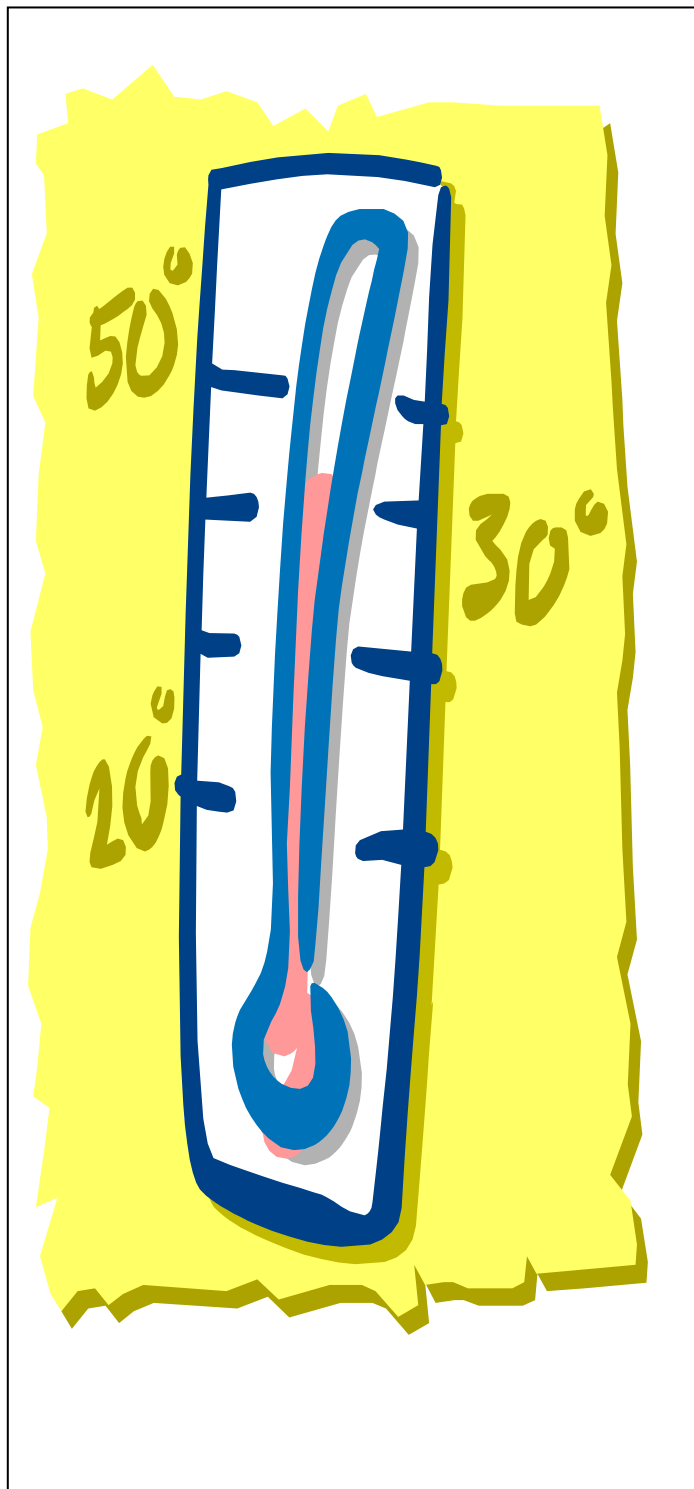
**VERY HIGH**

**HIGH**

**MEDIUM**

**LOW**

**VERY LOW**



**WORDS FOR ANGRY**

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# Words of Anger

**Outraged**

**Annoyed**

**Upset**

**Mad**

**Enraged**

**Fuming**

**Furious**

**Frustrated**

**Bothered**

**Flustered**

**Upset**

**Irritated**

# Coping Statements

## Things You Can Say to Yourself to Keep a Lid On Your Anger

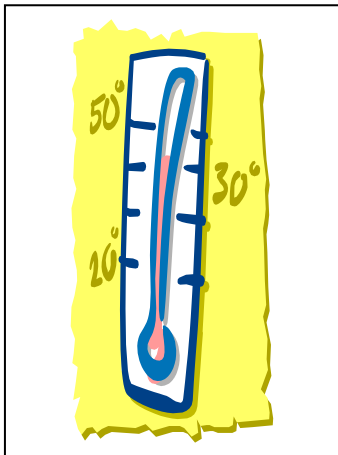
Examples of calming thoughts to say to yourself when you're angry. Make up your own!

1. It's not worth it to get angry.
2. I won't make a big deal about it.
3. I'm not going to let this get to me.
4. I can't always expect other people to act the way I want them to.
5. I'll use my sense of humor and make a joke of this.
6. He would like me to get angry. Well, I'm going to disappoint him.
7. I don't need to prove myself to anyone.
8. As long as I keep my cool, I'm in control.
9. I'll grow up, not blow up.
10. I won't get in a fight.
11. I won't be a fool - I'll keep cool.
12. Losing my temper means trouble for me because....
13. Stay calm. Just relax.
14. Don't get bent out of shape. Don't sweat it.
15. Think of what you want to get out of this.
16. There's no point in getting mad.
17. Look for the positives.
18. What she or he says doesn't matter.
19. My muscles feel tight. Time to relax.
20. Lets work this problem out. Maybe he has a point.
21. I'm under control. I can handle this.

# Anger Thermometer Record Form

## MONDAY

**INTENSITY**  
(CIRCLE)  
VERY HIGH  
HIGH  
MEDIUM  
LOW  
VERY LOW



**WHY AM I ANGRY?**

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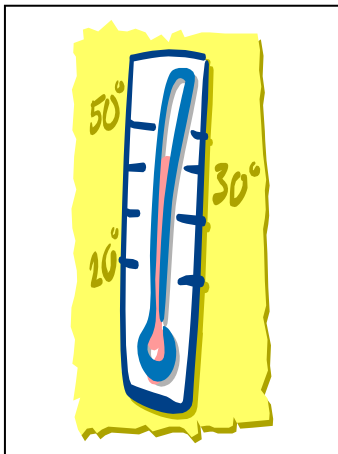
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## TUESDAY

**INTENSITY**  
(CIRCLE)  
VERY HIGH  
HIGH  
MEDIUM  
LOW  
VERY LOW



**WHY AM I ANGRY?**

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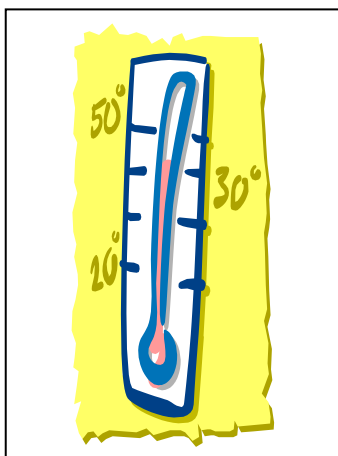
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## WEDNESDAY

**INTENSITY**  
(CIRCLE)  
VERY HIGH  
HIGH  
MEDIUM  
LOW  
VERY LOW



**WHY AM I ANGRY?**

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# Anger Thermometer Record Form

## THURSDAY

**INTENSITY**

(CIRCLE)

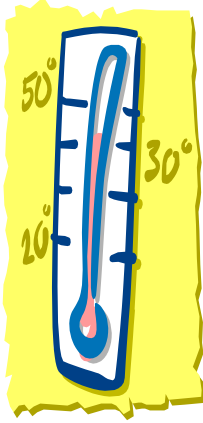
VERY HIGH

HIGH

MEDIUM

LOW

VERY LOW



**WHY AM I ANGRY?**

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## FRIDAY

**INTENSITY**

(CIRCLE)

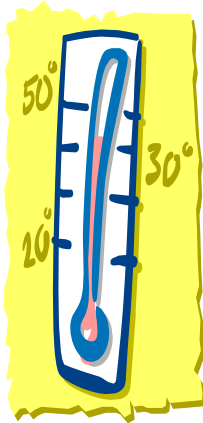
VERY HIGH

HIGH

MEDIUM

LOW

VERY LOW



**WHY AM I ANGRY?**

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