

TASK CARD LIST

(Can be used as writing activities or for discussion)

1. When can anger become a problem?
2. What coping strategies work best for you? Why?
3. What coping strategies don't work for you? Why do you think this is?
4. Describe what having '*emotional control*' looks like for you?
5. It has been said, we become most angry at those we are closest to. Why do you think this is?
6. Is it ok to disagree with others? Why or why not?
7. Explain how anger can lead to destruction.
8. Give your own definition of rage. How can anger and rage be similar?
9. Anger can be managed by staying in control and thinking before acting. Explain this.
10. Why is it good not to let fear and anger control your mind?
11. Anger can not be avoided. Explain this.
12. Explain the difference between controlled and uncontrolled anger.
13. Uncontrolled anger damages relationships. Explain why.
14. Controlled anger gains you respect. Why do you think this is?
15. What makes you feel safe and calmer when you are feeling angry?
16. How can having a sense of humor help with anger management?
17. Explain why it is important to have the courage to admit when you have made a mistake?
18. Why is it important not to 'retaliate' or 'get back' at somebody when you are angry?
19. There are positive sides of anger. Can you identify three?
20. Why do you think anger drives people to over react? What can help in this situation?
21. After a blow out, how do you feel? Proud? Happy? Embarrassed? Guilty? Explain.
22. Have you ever had regrets after an angry episode? Why do you think this is?
23. Why is having patience important to controlling your anger?
24. How might having time management skills help with anger?
25. Only YOU can make yourself angry. Explain this.
26. It is important to be able to admit when you're wrong. Explain why.
27. What does it mean when somebody calls you a walking time bomb?