

How to Handle Anger-Provoking Situations

In this group activity, you will learn how to change the way you handle situations that make you angry by asking members of your group how they would have dealt with the circumstance now that they have learned about anger management.

Describe a situation in which you became upset. What happened before, during and after?

What could you have done differently in that situation?

Describe your situation to the group and ask for suggestions on how you could have approached the circumstance differently.

Test out these suggestions the next time you enter an anger-provoking situation. How did these suggestions help you? What would you do differently the next time?
