

## Lesson 8

### Do You Really Want to Go Through Life Without Brakes on Your Anger?

**Goal:** To assist students who deny that they have problems with out of control anger, to consider the lifelong consequences of being out of control.

**Materials:** Marker board, markers, one copy for each student of "Do You Really Want to Go Through Life Without Brakes on Your Anger?" and "Can an Adult Even Make It Through the Morning With a Temper Like That?" handout, pens.

1. ♦ **Inform** the students that they will be learning more about the likely consequences of having poor anger control. **Ask** the students to identify reasons why young people may claim that they will not need to learn anger control skills, and **elicit** answers such as "blowing up isn't that big a problem" or "I can get by". **Assist** the students to discuss these excuses and to consider the validity of these explanations.

2. ♦ **Distribute** the pens and the copies of "Do You Really Want to Go Through Life Without Brakes on Your Anger?" handout to the students, and **ask** the class to complete the forms as indicated on the handout. **Discuss** the completed forms with the class, **focusing** on one question at a time. **Ask** the students to consider if the excuses offered earlier as explanations for not needing to learn anger control skills, are supported by the information on the handout. **Assist** the students to determine that without anger control skills, a person

will have extreme difficulty in many important areas of life.

3. ♦ **Ask** the students to investigate if people can even make it through the morning of a typical adult day without adequate anger control skills. **Distribute** the "Can an Adult Even Make It Through the Morning With A Temper Like That?," and **ask** the students to consider each item, and determine if anger control is needed in each situation described. **Assist** the students to determine that an adult will have difficulty even making it through the morning of a typical day without anger control skills.

♦ **Ask** the students to determine if they could really survive as adults with poor anger control skills, and **assist** the class to decide that students who believe their excuses, and trust that they won't need anger control skills, may be fooling themselves.

4. ♦ **Review the major points of this lesson:**

- **Without anger control skills, a person will have extreme difficulty in many important areas of life.**
- **An adult will have difficulty even making it through the morning of a typical day without anger control skills.**
- **Students who believe that they won't need anger control skills when they're adults, may be very surprised when they actually enter the adult world.**

## **Do You Really Want to Go Through Life Without Brakes on Your Anger?**

*Choose the most likely result of out-of-control anger in each of the following multiple choice questions.*

1. Pedro always uses lots of swear words when he loses his temper. He will find that when he cusses out his apartment manager that...
  - a. His apartment manager really won't mind loudly being called swear words.
  - b. His apartment managers will patiently wait until Pedro works his way through every nasty swear word he knows in both English and Spanish.
  - c. Apartment managers will begin eviction proceedings immediately.
  
2. Kwan Lee makes a nasty hand gesture at people and calls them very insulting names if she has a problem with the way they are driving on the freeway. She has just moved to a much larger city. She is likely to find that in this huge city, when she makes vicious gestures and comments, the other drivers will...
  - a. Give her a friendly wave and bright smile.
  - b. Ram her car with their's.
  - c. Thank her for sharing her feelings so freely.
  
3. Brad grabs people by the collar when he gets angry at them. Now, Brad has a job he really likes. The first time he grabs a business customer by the collar, he will...
  - a. Get a "free trip" from his boss to the unemployment office.
  - b. Get a really big raise from his boss.
  - c. Get a really big promotion from his boss.
  
4. Maria sometimes shakes people really hard by the shoulders when she is furious with them. Maria now has two tiny children of her own. When she shakes her children, she will find...
  - a. How easy it is to cause a serious injury to a baby.
  - b. That her children won't mind being hurt by their mother.
  - c. That her children won't mind being scared of their mother.
  
5. Vanessa spits at people who make her angry. She has her own business now, and the first time she spits at the person who supplies her merchandise, she will discover...
  - a. Most business people consider being spit at to be the best part of their job.
  - b. Spitting at business acquaintances is a popular business practice like shaking hands.
  - c. How quickly business people file big law suits claiming assault.
  
6. Jack can't keep his hands off of the women he works with. In the work place, this will result in...
  - a. A huge sexual harassment law suit against him that he will lose.
  - b. A lot of happy co-workers who like to be touched by anybody who has the urge to do so.
  - c. Thank-you's from co-workers who like to have their personal space violated at work.
  
7. Rosemary carries a weapon whether it's allowed or not. When the state trooper pulls her over for a traffic check, he will...
  - a. Understand that the rules don't really apply to Rosemary.
  - b. Say that she can pick and choose which laws she follows.
  - c. Confiscate the weapon and arrest her.
  
8. At work, Jason makes slurs about women and people of diverse backgrounds. Jason will learn...
  - a. That it's good business to harass customers and co-workers.
  - b. That sexual and racial harassment will lead to many serious legal consequences.
  - c. Slurring others is the best way to win their business and respect.

## Can an Adult Even Make It Through the Morning With a Temper Like That?

*Roberto has poor anger control skills. Follow Roberto through the morning of one typical day in the life of an adult and determine if adults must have anger control skills to succeed and survive.*

Time	Event	Was Anger Control Needed?
3:42 AM	Roberto's son wakes him up for the fourth time that night to again complain that he can't sleep.	<input type="checkbox"/> Yes <input type="checkbox"/> No
4:06 AM	Roberto had just fallen back to sleep when the newspaper boy tosses the newspaper into Roberto's metal porch screen door, waking him up.	<input type="checkbox"/> Yes <input type="checkbox"/> No
4:46 AM	Roberto had once again just fallen back to sleep when his son again wakes him, this time to complain that his pillow wasn't very comfortable.	<input type="checkbox"/> Yes <input type="checkbox"/> No
5:04 AM	Roberto was dozing when the sanitation truck came loudly around the corner, and stopped in front of his house to pick up the trash. The sanitation workers crash and slam the metal trash cans waking Roberto's son up.	<input type="checkbox"/> Yes <input type="checkbox"/> No
5:23 AM	Roberto is woken by his alarm clock going off, but he realizes it went off an hour early. He realizes that he set the clock wrong again.	<input type="checkbox"/> Yes <input type="checkbox"/> No
6:23 AM	Roberto has to wait for his son to finish in the bathroom. He sits shivering on the floor near the bathroom.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7:00 AM	Roberto starts to make breakfast for himself and his son. He realizes that his son has finished all the milk and bread. He can't find anything for breakfast.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7:25 AM	Roberto can not find his bus pass anywhere, and he has no change. He won't be able to take the bus unless he finds some change or the bus pass.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7:34 AM	Roberto's boss calls and yells at him to hurry up, that the whole crew is stuck waiting for him. The boss slams the phone down in Roberto's ear.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7:43 AM	Roberto finds the bus pass in his son's room. Apparently, his son took it out of Roberto's wallet without asking.	<input type="checkbox"/> Yes <input type="checkbox"/> No
7:59 AM	The boss hands Roberto a written warning about his lateness and threatens to fire him if it happens again. He tells Roberto that he's a "crummy employee" and that he regrets hiring him.	<input type="checkbox"/> Yes <input type="checkbox"/> No
8:49 AM	Roberto realizes he has no money for a morning coffee, or lunch, that somehow he has left his wallet at home.	<input type="checkbox"/> Yes <input type="checkbox"/> No