

# the anger workbook for teens

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**activities** to help  
you deal with **anger**  
and **frustration**

RAYCHELLE CASSADA LOHMANN, MS

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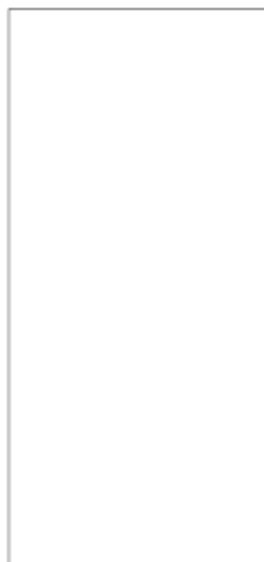
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## foreword

I am honored to write the foreword to Raychelle's book. I have had the distinct pleasure of working with Raychelle and seeing her precise, forward-thinking counseling skills in action. As a high school counselor, we constantly deal with a spectrum of anger issues. Raychelle is always cool, calm, and collected—vital character traits one must possess when defusing angry teenagers.

Anger is a normal and sometimes necessary emotion. It is when it interferes with school, family, and social life that it's a problem. Raychelle approached me years ago with the idea for this workbook. She had been implementing her tools and techniques throughout the school year, noting the ones that were effective, and tossing the ones that weren't. Each activity in *The Anger Workbook for Teens* is a tried and true method—they simply work.

*The Anger Workbook for Teens* is a phenomenal tool to help teenagers explore, gain knowledge, and ultimately control their emotions. Learning the root of the problem is essential in alleviating it. It will teach readers where their anger stems from and instantly recognize situations that provoke them. In addition, the activities are not time consuming, cheesy, or overly methodical.

Truth be told, I received a copy of the manuscript to write this foreword in April of 2009, six weeks before my school year was ending. I had a student who was constantly sent out of class for his anger outbursts and had tried everything I could think of to help him. Frustrated myself, I opened the copy I had of Raychelle's manuscript and found a few activities. We worked on his "Family Tree" and recognized that his father reacts the same way he does. Next, we talked about the stages of anger and quickly realized that his button pusher was when he thought teachers were embarrassing or dismissive. We worked on different ways to ask questions in class and control his emotions. By then he seemed willing and able to explore his part in the constant referrals. He realized that his body language and smart-alecky outbursts played a large role in irritating his teachers and worked through more appropriate ways to get his questions answered and needs met. He didn't get sent out for the rest of the year and thanked me for "helping me not get so mad and stuff." A highly regarded compliment from the toughest of critics!

Whether you are a teenager, teacher, parent, or counselor, you will find this workbook helpful. It is by far the best anger workbook for teens that I have *ever* come across. I am thankful to have such a useful tool! How awesome it is to be willing to gain control over your anger as a teenager? Kudos to all of the teens willing to go out of their comfort zones and combat it!

Julia V. Taylor

# introduction

Dear Reader,

Do you often find yourself in trouble because of anger? Do you react to situations and later regret how you behaved? Does your anger cause problems with other people? Are you tired of letting anger control you? If you answered yes to any of these questions, *The Anger Workbook for Teens* is for you.

First and foremost, it is important to understand that anger is a natural human emotion, but people handle it differently. Some hold in their anger and let it build, some lash out with hurtful words, some resort to fighting, and some just explode. No matter how you handle it, you are reading this book because you or someone who cares about you thinks you have a problem with anger.

You are not alone. Anger affects millions of teens, who often find themselves lonely and depressed. They may feel like their relationships are less meaningful or as though they just don't care anymore.

The activities in this workbook will help you notice things that make you angry, handle frustrating situations without getting angry, and effectively communicate your feelings. Most of all, these activities can help you learn to change how you respond to anger. Change is not easy, but with the right frame of mind and set of skills, you can do it. So let's get started!

Wishing you success,

Raychelle Cassada Lohmann

# your anger profile

1

## for you to know

While each person's experience with anger is different, it's important to recognize your own personal profile so you can learn to head off anger before it gets the best of you. Assessing your anger will help you become more aware of how much it drives your behavior.

*Terrence was having a really bad day. Mr. Williams, Terrence's English teacher, noticed that he seemed angry about something. "Oh no," thought Mr. Williams, "Terrence is in one of his moods. He's so smart and talented, but his anger is really hurting him. He's going to get into trouble if he doesn't turn it around."*

*After class, Mr. Williams called Terrence over and said, "You take everything so seriously, Terrence. Your anger is beginning to get in the way of your schoolwork, and I'm really worried about you. You've been suspended three times this year and you're constantly in the principal's office. Let me help you. What do you say?"*

*Terrence knew that Mr. Williams was right. So he nodded his head and said, "Yeah, okay..."*

*"Great," Mr. Williams said. "We'll begin by taking a good look at your anger. Once we see what effect it has on you, we can start to come up with a plan to help you manage it."*



## for you to do

This activity will help you gauge how much of a problem your anger is and begin to understand how it affects your life.

Read each statement and check either "Yes" or "No."

- |   |                              |                             |
|---|------------------------------|-----------------------------|
| People have often commented on my anger.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| My anger gets me into trouble.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have occasionally become so angry that later I could not remember what I did. | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Other members of my family have anger problems.                                 | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I have hit or harmed someone else when I was angry.                             | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I often feel that I am the victim.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| I often feel that no one understands me.  | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

For each of these statements, circle the number that best describes you.

I have trouble controlling my anger.

- |                   |          |         |       |                |
|-------------------|----------|---------|-------|----------------|
| 1                 | 2        | 3       | 4     | 5              |
| strongly disagree | disagree | neutral | agree | strongly agree |

On average, I get really angry ...

- |              |                 |             |                |           |
|--------------|-----------------|-------------|----------------|-----------|
| 1            | 2               | 3           | 4              | 5         |
| once a month | every two weeks | once a week | every few days | every day |

When I get angry, I am most likely to ...

- |                             |     |        |               |                   |
|-----------------------------|-----|--------|---------------|-------------------|
| 1                           | 2   | 3      | 4             | 5                 |
| run away from the situation | cry | scream | hit something | destroy something |

The more frequently you checked "Yes" and the higher you rated yourself on these scales, the more anger is driving your life. By committing to doing the activities in this book, you will learn skills that will help you get a grip on your anger.

## ... and more to do!

Has your anger ever hurt you emotionally or physically? Tell how.

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Do you ever blame others for your anger? Tell how (for example, by making accusations or denying that you did something).

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When you are angry, do you frequently say or do things that you later regret? Describe a time when this happened.

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## activity 1 \* your anger profile

What do you do to calm down when you're angry? Does it work?

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If you could change one thing about yourself, what would it be?

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# making a game plan 2

## for you to know

Making a game plan is a great way to tackle changing things about yourself that are causing you problems. When you make something a priority, you'll be more motivated to get it done. And, the more motivated you are, the harder you'll work to change.

There are thirty-six more activities in this workbook. If you try to do an activity a day, you may be rushing through the workbook and not getting the full benefit. If you do two or three a week, you will have time to think about what you are learning and apply it to your life.

Give yourself time to do each activity and to practice using some of the skills you are learning before taking on the next one. It's important to do all of the activities in the order they appear. The skills become more complex as you go along, and each activity builds on the ones that precede it.

Here are some important things to remember as you develop your plan:

- Schedule a time to work on your activities and treat the time like an assignment. You'll be more likely to stick to your plan that way.
- Practice the skills you are learning. The more something is part of your everyday life, the more likely you are to change.
- Don't fly through the activities. Go slowly and reflect on what you have learned.
- Focus on what you've already accomplished as opposed to what you still have left to do. The remaining job will then seem more manageable.