

# Part 10.

## Learning How To RETHINK Angry Feelings.



## Remember Mark?

We are going to use his story to learn more about anger. We will also meet an almost legendary blues singer and his nearly famous band;

### *Sonny Skye Blues and the C of Tranquillity.*

They have found a way to **RETHINK ANGER** from red hot to a healthy cool blue. *Sonny Skye Blues* will ask you to think of a recent example of a time when you felt angry and use this to put **RETHINKING ANGER** into practice!



Mark, came home from school and found his older brother, Stephen, had taken some of his money from their room without asking him. Mark was really mad and started to think about all the times that his brother had annoyed him. This made him feel even angrier. When Stephen saw Mark he could tell by his face that he was angry.

'What's wrong with you?,' he asked.

'You know what's wrong with me you thieving swine,' replied Mark.

Stephen wasn't going to let Mark away with talking to him like this and they ended up having a fight. Their dad walked in and shouted at both of them.

'I'M SICK OF YOU TOO FIGHTING ALL THE TIME YOU NEVER DO ANY THING USEFUL AROUND HERE'.

'He started it,' Stephen told their dad.

'I don't care who started it you're to cut it out and stop acting like two year olds'.

'YEAH, WELL I CARE WHO STARTED IT' shouted Mark, 'HE STARTED IT WHEN HE STOLE MONEY FROM MY ROOM'.

'I didn't steal your stupid money,' said Stephen.

The cheek of him to deny it thought Mark as he felt his blood rushing to his head, but then their father said.

'I took the money from your room earlier when the milkman called around and we didn't have any change. I'll give it back to you later'.

'See, I told you,' said Stephen.

Mark realised that he'd stupidly accused his brother in the wrong. 'Well, I'm sick of everyone taking stuff from my room without asking' said Mark feeling foolish and upset as he stormed off slamming the door.

## What is Mark's anger made up of?

If you look closely at Mark's story you will see that his anger is made up of four main ingredients:

(1) Thoughts,  
(3) Words and Behaviours,

(2) Feelings,  
(4) Bodily Feelings.

### 1. Thoughts.

Mark was really mad and started to think about all the times that his brother had annoyed him.

The cheek of him to deny it thought Mark.

Mark realised that he'd stupidly accused his brother in the wrong.

### 2. Feelings.

This made him feel even angrier.

Mark realised that he'd stupidly accused his brother in the wrong.

...feeling foolish and upset as he stormed off slamming the door.

### 3. Words and Behaviours.

*'You know what's wrong with me you thieving swine,' replied Mark.*

*...they ended up having a fight.*

*'Well, I'm sick of everyone taking stuff from my room without asking,' said Mark feeling foolish and upset as he stormed off slamming the door.*

### 4. Bodily Sensations.

*When Stephen saw Mark he could tell by his face that he was angry.*

*The cheek of him to deny it thought Mark as he felt his blood rushing to his head.*

Have you ever been angry?

*Sonny Skye Blues* has discovered a way to cool angry feelings down and express them in a healthy way. He'd like to share his ideas to see if you think they could work for you, but first he'd like you to describe on the next page a recent time when you were angry by answering the following questions.



- Where were you? What happened?
- Who was involved? What did you do?
- What emotions did you feel?
- What physical sensations did you feel in your body?
- What thoughts were going through your head?
- Do you think you handled the situation well or badly?
- What were the consequences of your anger for you?
- What were the consequences of your anger for other people?

Have you ever been angry?



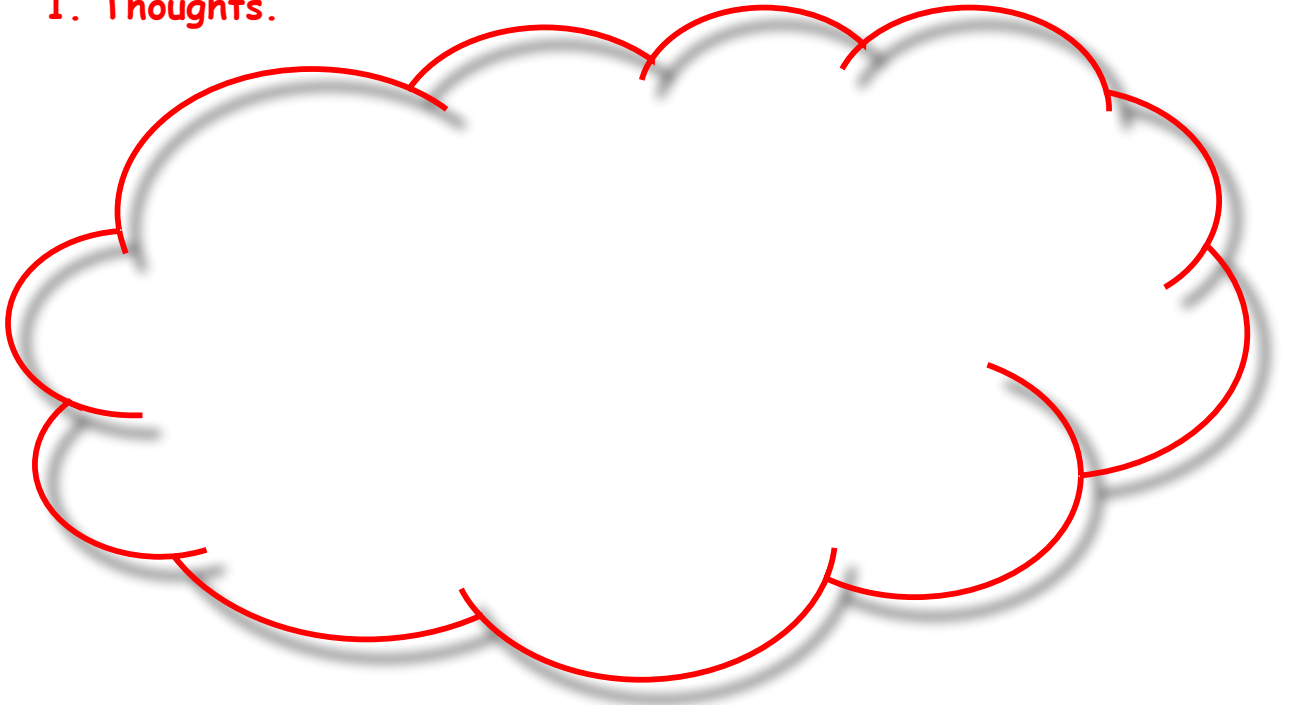
Use the questions from the previous page to describe a recent time when you felt angry.

## What is your anger made up of?

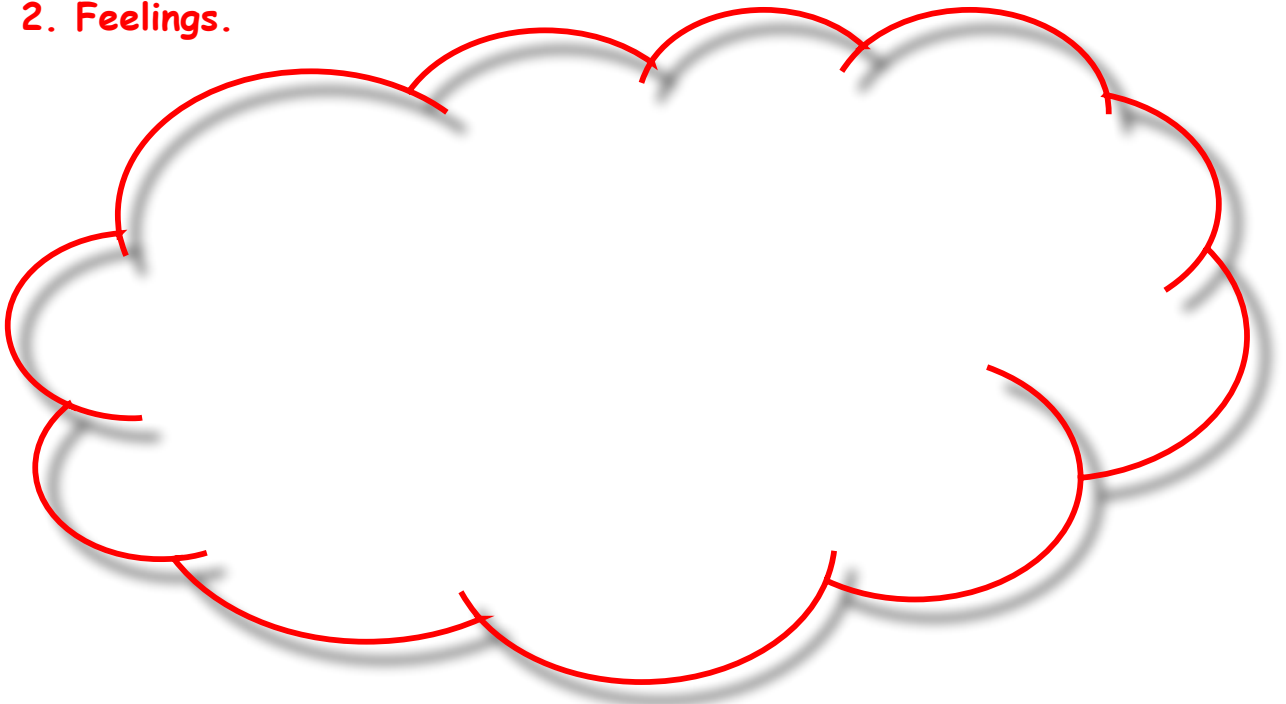
Using your example of a recent time when you were angry see if you can find the four main ingredients of your anger in the same way as we worked them out for Mark. Remember the four ingredients are:

- (1) Thoughts,
- (2) Feelings,
- (3) Words and Behaviours,
- (4) Bodily Sensations.

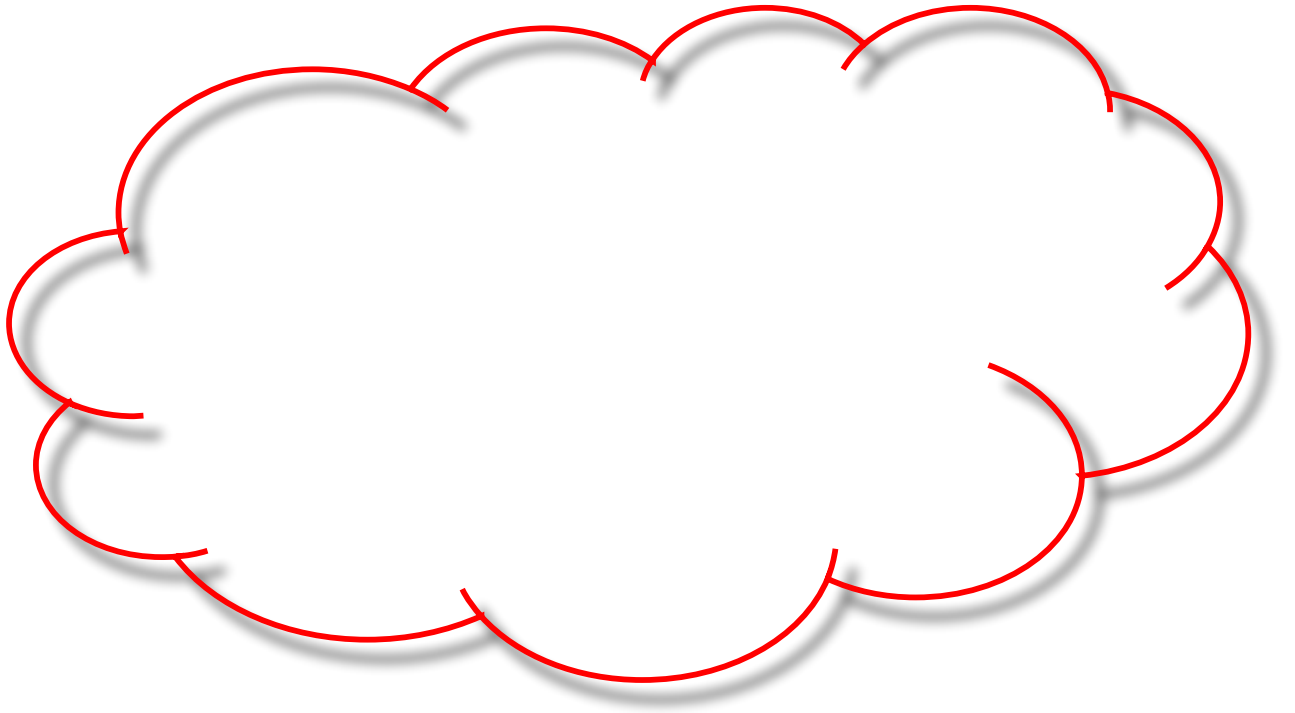
### 1. Thoughts.



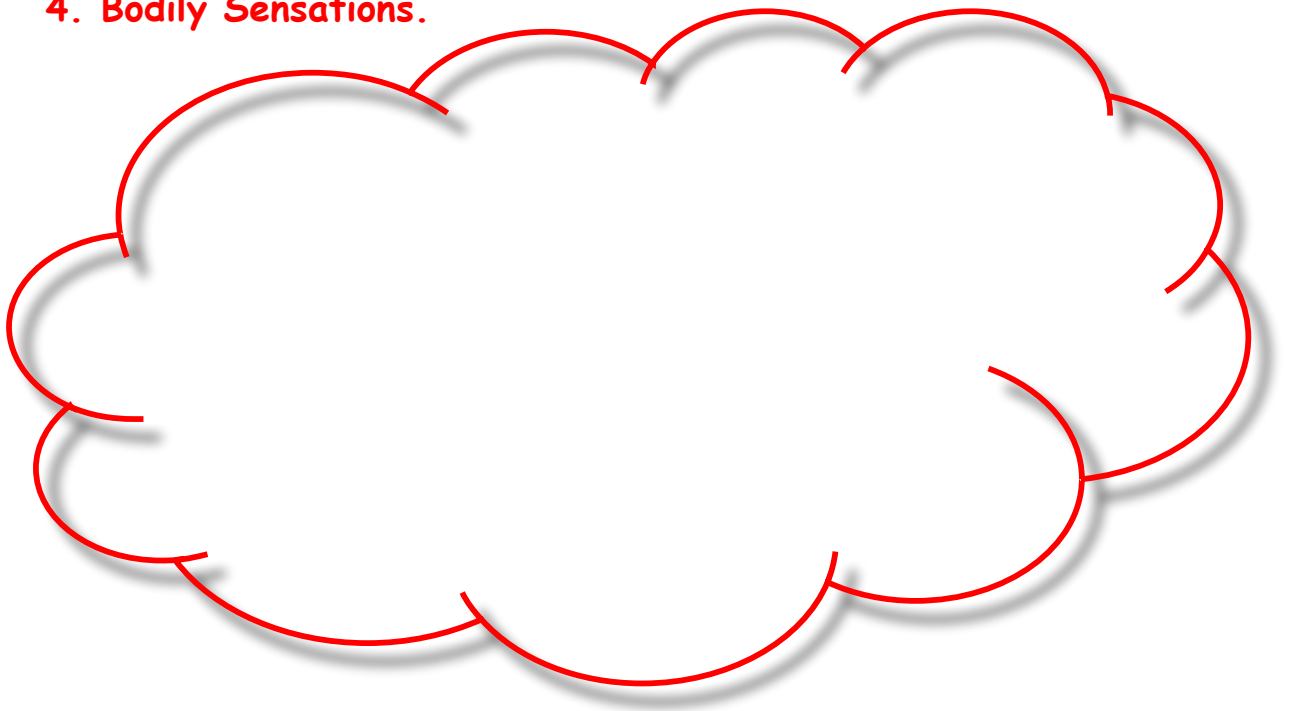
### 2. Feelings.



**3. Words and Behaviours.**



**4. Bodily Sensations.**





## The Benefits and Costs of Being Angry.

People don't usually get angry for no reason. Getting angry can have its benefits but it can also have its costs. See if you can work out what these were for you using your example of a recent time when you got angry?

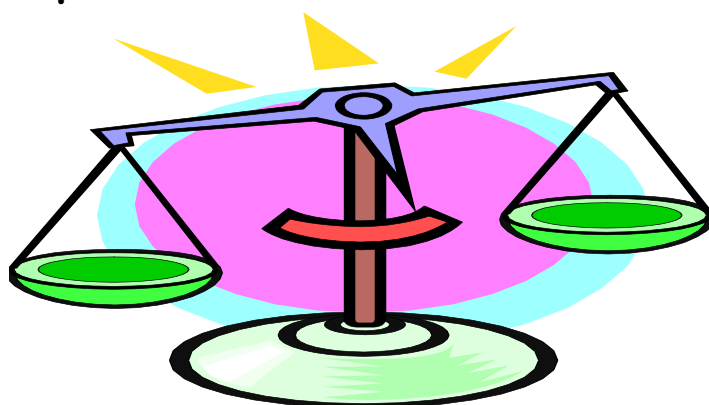
The BENEFITS of me being angry were.....

What were the costs for you and for other people of you being angry?

The COSTS of me being angry were.....



## Weighing-Up the Benefits and Costs of Being Angry.



Many people find that the benefits of being angry tend to be short-term while the costs tend to be long-term. Look back on the benefits and costs you have identified and see if this was the case for you...

Short-term benefits?

Short-term costs?

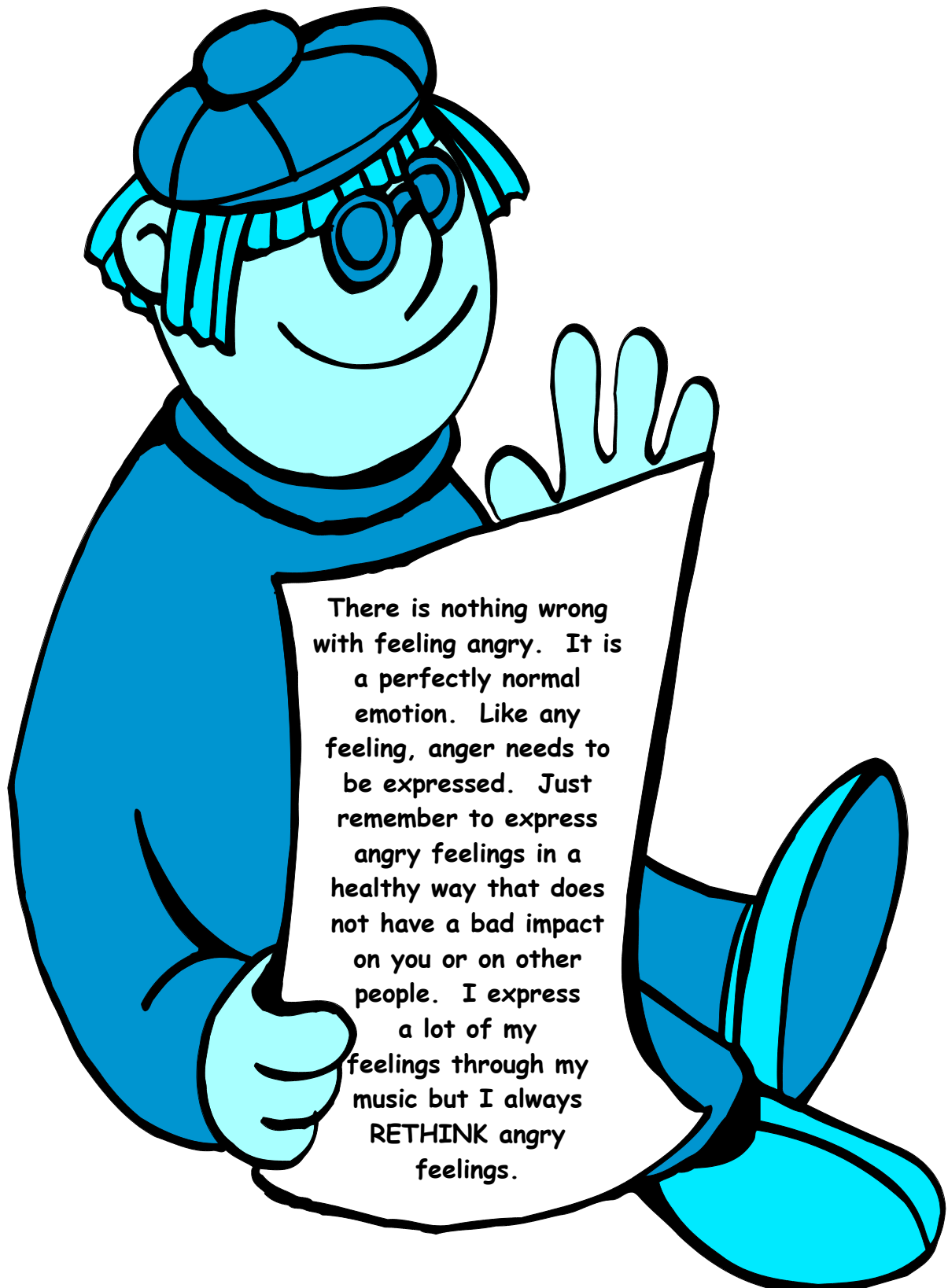
Long-term benefits?

Long-term costs?

**On balance were there more costs than benefits to the way you expressed your anger?**

## Is it Wrong to Be Angry?

Here's what *Sonny Skye Blues* thinks...



There is nothing wrong with feeling angry. It is a perfectly normal emotion. Like any feeling, anger needs to be expressed. Just remember to express angry feelings in a healthy way that does not have a bad impact on you or on other people. I express a lot of my feelings through my music but I always **RETHINK** angry feelings.

Mark Meets *Sonny Skye Blues*.



## Here's How to RETHINK Your Anger!

Anger is not something that is outside your control!

# RETHINKING

your anger means following these seven steps:



**R**ecognise that you are feel angry and ask yourself why you feel this way.



**E**mpathise. This means not being blinded by angry feelings but try to see how things look and feel from the other person's point of view. This is simple to do, just put yourself in the other person's shoes.



**T**hink about your situation in a different way, especially one that offers you an alternative to just being angry.



**H**ear the underlying message of what the other person is trying to say to you.



**I**nclude respect and love in what you say and do even when you are angry.



**N**otice what happens in your body when you feel angry and notice how you can control your body to help you to calm down.



**K**eep your attention on the here and now and not on the past or on the future. Focus on how the problem that has made you angry can be solved.

## Mark Rethinks His Angry Feelings.

Here's how Mark used *Sonny Skye Blues'* method to RETHINK his angry feelings...

### *Recognising that I am angry...*

I didn't stop to think when I was feeling angry. In fact it was only afterwards that I recognised how angry I felt. But there were a number of warning signs that I can look out for in future that will help me to recognise that I am feeling angry.

These are:

- Jumping to conclusions about Stephen taking my money.
- Not listening to others.
- Thinking about other things that made me mad in the past.
- Being verbally aggressive.
- Being physically aggressive.
- Running away from the situation and isolating myself instead of staying to sort it out.

### *Empathising with others...*

I didn't think of things from anyone's point of view other than myself. I didn't think of what it would be like for Stephen when I accused him of stealing or when I called him names. I also didn't think about what it was like for others in my family when Stephen and I fight.

### *Thinking of alternatives...*

I jumped to a conclusion that Stephen stole my money. Here are some of the alternatives that I could have thought of:

- That my money had fallen down the back of the press.
- That someone had moved it to a safe place.
- That Stephen had borrowed it.
- That my mum or dad had borrowed it.

Deep down I always knew that even if someone in my family had taken my money that I would get it back anyway but I ignored this because I was so angry.

### *Hearing what others say to me...*

When I burst into the room Stephen knew that I was upset about something and asked me how I was. In fact he was actually being nice to me but because I let my angry feelings take over I didn't hear this and I launched into a verbal attack on him.

### *Including respect and love in how I act and talk...*

If I was being respectful and loving I would not have called Stephen a thieving swine. It would have been more respectful simply to ask him if he knew anything about my money. In running out of the room when I discovered that I had made a mistake I was not being very respectful either. I should have stayed and sorted it out. After all anyone can make a mistake.

*Noticing how I can calm myself...*

When I started to think of all of the times in the past when Stephen annoyed me I felt the muscles in my face tighten. If I had stopped myself from thinking about the past I think this would have helped me to calm myself down. I could also have counted to 10 and taken some deep breaths.

*Keeping my attention on the present problem to be solved...*

I got angry because I jumped to the conclusion that Stephen had taken my money. The problem that I should have focused on was finding out what had happened to it. When I got angry I forgot about finding it and got side-tracked into fighting with Stephen. Instead, I could have kept my attention on solving the problem of finding out about my money. I could have done this by thinking out the possibilities of what might have happened to it and set about checking these out. The best way to express your anger isn't to bottle it up (like I did in the past when Stephen annoyed me) or to explode (like I did when I fought with Stephen). The best way to express my feelings is to talk to someone about how I feel.

**Sonny Skye Blues** was so impressed he invited Mark to join his band **The C of Tranquillity...**



# RETHINKING Your Anger.

Use this page to RETHINK the time when you were angry...

*Recognising that I am angry.*

*Empathising with others...*

*Thinking of alternatives...*

*Hearing what others say to me...*

*Including respect and love in how I act and talk...*

*Noticing how I can calm myself...*

*Keeping my attention on the present problem to be solved...*





## Over the Next Week...

Over the next week apply the RETHINK method of managing your anger and record the results below...

*Recognising that I am angry.*

*Empathising with others...*

*Thinking of alternatives...*

*Hearing what others say to me...*

*Including respect and love in how I act and talk...*

*Noticing how I can calm myself...*

*Keeping my attention on the present problem to be solved...*



## Learning How to RETHINK Angry Feelings.

From completing this part of my guidebook I think the most important things about RETHINKing my anger are...

