

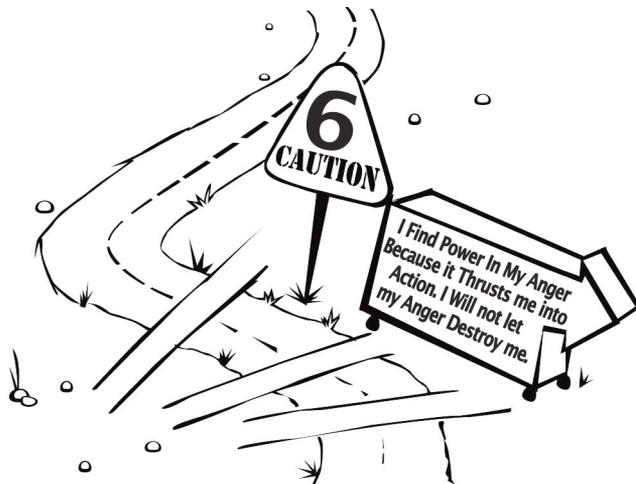
## ***Pit Stop 6: The Power in Anger***

### **Purpose 1:**

To help you define what makes you angry and how you deal with that anger.

### **Purpose 2:**

To help you find ways to channel the power of anger to create positive change in your life and the world around you.



## ***The Power in Anger***

What is the purpose of exploring your ANGER?

### **The Energy of Anger**

The emotion of anger shows up in all kinds of actions. Let's list some ways anger shows its energy.

### **The Source of Anger**

Anger most likely appears when your values or your personal well-being is threatened in some way. What are some common things that seem to make people angry?

#### *The scars of Anger...*

*There once was a little boy who had a bad temper. His Father gave him a bag of nails and told him that every time he lost his temper, he must hammer a nail into the back of the fence. The first day the boy had driven 37 nails into the fence. Over the next few weeks, as he learned to channel his anger in more useful ways, the number of nails hammered daily gradually dwindled down. He discovered it was easier to make better use of his anger than to drive those nails into the fence. Finally the day came when the boy didn't make as many bad decisions when he got mad. He told his father about it and the father suggested that the boy now pull out one nail for each day that he was able to channel his anger in a more productive way. The days passed and the young boy was finally able to tell his father that all the nails were gone. The father took his son by the hand and led him to the fence. He said, "You have done well, but look at the holes in the fence. The fence will never be the same. When you say and do things out of anger, it leaves a scar just like this one.. It doesn't matter how many times you say 'I'm sorry', the wound is still there.*

## *The Power in Anger*

What are some examples of the tremendous power in anger?	What scars do they leave?

### **Personal Reflection:**

Name a time when someone has used the power in anger against you.

What physical, emotional and mental scars did it leave with you?

## *The Power in Anger*

Often times, anger is really one or more emotions in disguise. Anger can be the top layer of something deeper going on inside of you. When you feel really angry about something, you may actually be Sad, Scared, Hurt or a little of each. Check it out for your SELF... Here are some examples...

<b>1. The Situation</b>	<b>2. The Energy</b>	<b>3. The Source</b>	<b>4. The Emotion</b>	<b>5. The Result</b>
<i>I get really angry when... Someone lies to me.</i>	<i>And my anger comes out like this... I yell at the person who lied and I won't be friends with them any more.</i>	<i>Because... I wouldn't do that to a friend, so I can't let them do it to me!</i>	<i>Do I REALLY feel (hurt, scared, sad)? Hurt and sad that my friend didn't trust me enough to be honest.</i>	<i>And here's how it usually turns out... I get caught in a bunch of drama!</i>
<i>I get really angry when... My step mom yells at me for something my brother (which is her kid) did... It's SO UNFAIR!</i>	<i>And my anger comes out as... I start throwing stuff and yelling at her</i>	<i>Because... She blames me for everything that happens!</i>	<i>Do I REALLY feel (hurt, scared, sad)? It hurts my feelings when she assumes everything is my fault and I am scared I'm going to get blamed for something really bad eventually if I don't stand up for myself now.</i>	<i>And here's how it usually turns out... She calls me dad and he yells at me for fighting with her and I get grounded.</i>
<i>I get really angry when... My little sister borrows my stuff w/o even asking me.</i>	<i>And my anger comes out as... I go postal on her and tell her I hate her.</i>	<i>Because... She took my stuff!</i>	<i>Do I REALLY feel (hurt, scared, sad)? No. I am really just ticked off!!</i>	<i>And here's how it usually turns out... I get yelled at for making her cry.</i>

## *The Power in Anger*

Now you try...

<b>1. The Situation</b>	<b>2. The Energy</b>	<b>3. The Source</b>	<b>4. The Emotion</b>	<b>5. The Result</b>
<i>I get really angry when...</i>	<i>And my anger comes out like this...</i>	<i>Because...</i>	<i>Do I REALLY feel (hurt, scared, sad)?</i>	<i>And here's how it usually turns out...</i>
<i>I get really angry when...</i>	<i>And my anger comes out as...</i>	<i>Because...</i>	<i>Do I REALLY feel (hurt, scared, sad)?</i>	<i>And here's how it usually turns out...</i>
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## *The Power of Anger*

Look at your map and copy your Values down here so you can refer to them in the following exercise.  
*My individual values are:*

<b>The Situation</b>		<b>The ownership.</b>	<b>The Positive Channel.</b>	<b>The Productivity.</b>
<i>This is a consistent source of anger for me! (See column 1 from previous page.)</i>	<i>What is it really telling me?</i>	<i>Is this MY issue or someone else's?</i>	<i>What can I do with this energy when it hits me?</i>	<i>How can this angry energy be productive for my life?</i>
When people lie.	My value of Honesty is being violated	It's their issue b/c they shouldn't lie, but it is also my issue if tell lies to other people, including my friend, teachers and/or parents.	I can take a deep breath and think about WHY this person lied to me. Are they protecting me? Scared of me?. Are they afraid to hurt me?	I should think of how it feels when someone lies to me and consider how others feel when I lie to them. Maybe I shouldn't be mad about lying until I know more ...

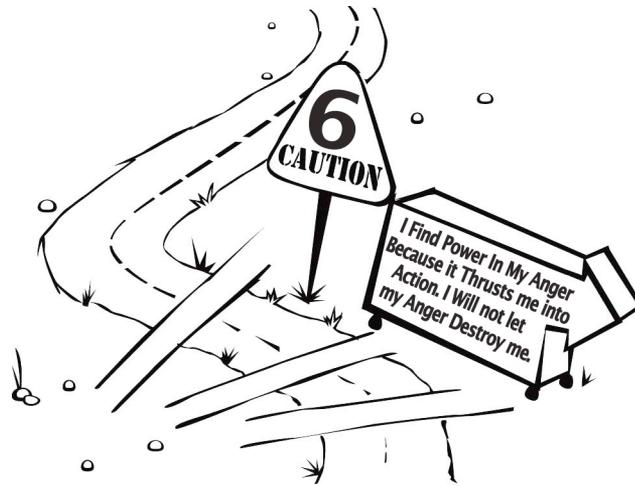
## *The Power of Anger*

An extra page for working out your anger and stuff...

<b>The Situation</b>		<b>The ownership.</b>	<b>The Positive Channel.</b>	<b>The Productivity.</b>
<i>This is a consistent source of anger for me! (See column 1 from previous page.)</i>	<i>What is it really telling me?</i>	<i>Is this MY issue or someone else's?</i>	<i>What can I do with this energy when it hits me?</i>	<i>How can this angry energy be productive for my life?</i>

## *The Power in Anger*

Go to the map at the end of your workbook. List the things that really make you angry on the speed bumps on the icon that looks like the one below. You need to be cautious of your anger and how you use it!



### **Personal Exploration**

What is one way you can use the power of your anger to make your life better?

What will you gain when you get your actions under control?