

JIM'S EXAMPLE ANGER MANAGEMENT PLAN

Here is a situation where I might get angry, and I want to have a plan of action:

During free time when I'm playing cards or basketball with the other guys. I'm really competitive and I get really angry when I start to lose, or if I get fouled in basketball. Getting fouled in basketball is a pretty big trigger for me.

If I begin to become angry during this situation, I will do the following things to cope:

I SHOULD DO THE FOLLOWING:

- Ask the officers if I can have a moment to calm myself down and think
- Ask the officers if I can have a time-out ("space") within staff eyesight—requesting "space" specifically reduces proximity to others and pressure to talk about the issue first
- While having space, utilize a preferred stress management technique learned in group. *Examples are: Progressive Muscle Relaxation, Positive Imagery, Mindfulness of Breath, etc.*
- While taking space, don't think about how the situation is making you angry. Instead, think about how I can start to calm myself down and avoid any bad consequences.
- Remove myself from the situation

I SHOULDN'T DO THE FOLLOWING:

- Cuss out others
- Jump out of my chair in an aggressive manner
- Yell at others
- Become physically aggressive
- Stay in the situation and become more angry
- Refuse to talk to others about the situation

After I have calmed myself, I can speak to my support person to process my anger.

ANGER MANAGEMENT PLAN

Here is a situation where I get angry and where I can come up with a plan of action:

If I begin to become angry during this situation, I will do the following things to cope:

I SHOULD DO THE FOLLOWING:

I SHOULDN'T DO THE FOLLOWING:

After I have calmed myself, I can speak to the following people to process my anger:
