

# WEEK 5

## GROUP ACTIVITY



### ROLE PLAY: FRUSTRATING SCENARIO

5-10 MINUTES

We will now practice using these techniques in real life situations.

*Refer to the situations described during the "Ice Breaker and Introduction" section. Reenact the situation with the participant playing themselves and a facilitator playing the other person.*

Recall the scenarios from the Ice Breaker game.

**Choose a volunteer from the group. Read the following scenario out loud.**

You arrived home past your curfew because you could not find a ride. Your parents start yelling and tell you that your excuse is unacceptable.

*Facilitator 1:* Where have you been?! You were supposed to be home over an hour ago!  
What's wrong with you, why didn't you answer your phone?! I'm cutting off your data for 2 weeks.

*Facilitator 2:* identify the moment you feel angry, what physical sensations emerge?  
\*\*Participant answers\*\*

*Facilitator 2:* Which of the six de-escalation strategies would you implement first?  
\*\*Participant answers (example: "Calm down and Express")\*\*

*Facilitator 2:* Act it out  
\*\*Participant implements strategy\*\*

*Facilitator 2:* Which of the six de-escalation strategies would you implement next?  
\*\*Participant answers (example: "Problem Solving")\*\*

*Facilitator 2:* Act it out

*Refer back to the 3 corners game by asking the participant the following:*

- Since we've enacted this scenario, how much control do you feel over your anger? Choose a corner of the room that best describes how you feel about the situation.

You can see how simple these strategies are in the "real world". The more you practice them, the more they will become second nature and you will be able to manage your anger responses in constructive ways.



## ANGER MANAGEMENT PLANNING

5-10 MINUTES

*Ask participants if they are familiar with an anger management plan. Hand out the "Anger Management" sheet.*

Making an anger management plan is exactly what it sounds like: creating a plan in advance that you can use to keep yourself and others safe and calm in situations that provoke anger. For example, if you know that you tend to get into arguments with someone, what might you put in your anger management plan to help you avoid running into conflict with that person?

Here are some possible methods:

- Plan to avoid being in direct conversation with that person
- Think of ways to change the subject
- Prepare to walk away from the conversation if you feel yourself getting upset
- Tell someone else who will be there about your concerns
- Ask them to interrupt you and lead you away if they see you becoming agitated
- Use the tools described earlier – think, calm down and express, timeout, humor, "I" statements, and problem solving

Now, take a minute to write down your own anger management plan. Think of a situation that often triggers your anger. Identify possible people and solutions that could help you manage your emotion.

*Encourage participants to talk more about their anger with their individual therapist or case manager.*