

LIFE IN FOCUS EDUCATION

# THE PUPPET FACTOR

Anger Management Curriculum

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# **TABLE OF CONTENTS**

**CHAPTER 1: WHAT IS ANGER**

**CHAPTER 2: HOW ANGER WORKS**

**CHAPTER 3: WHAT I THINK**

**CHAPTER 4: WHAT I FEEL**

**CHAPTER 5: WHAT I DO**

**CHAPTER 6: COGNITIVE CHANGE**

**CHAPTER 7: WAYS TO HANDLE ANGER**

**CHAPTER 8: DOMESTIC VIOLENCE**

**CHAPTER 9: THOUGHTS, RULES, AND CHARACTER**

**CHAPTER 10: CONFLICT CYCLE**

**CHAPTER 11: ANGER, ALCOHOL, AND DRUGS**

**CHAPTER 12: GROUP REVIEW**

**ANGER CHARTS**



# Lesson 1 – What is Anger?



0:45 - 0:60

## Lesson Materials

- Flip chart or whiteboard
- Markers or dry erase markers
- Media capabilities – laptop and projector
- Appendix: Thought – Emotion – Action Slide, Print out of Thought – Emotion Action

## Lesson Objectives

At the completion of this lesson, participants will be able to do the following:

- Define anger.
- Explain the process and path anger follows.
- Summarize the effects of thought, emotion, and action.

## Lesson Introduction

My name is \_\_\_\_\_ and I am your Anger Management facilitator. Today we are beginning a 12-week journey in Anger Management.



This is an opportunity to tell more about yourself. Explain to the participants why you are teaching the class and give a brief biography as you feel comfortable.

I believe class participation is essential; your input is valued and crucial to the success of this course. In response to this, you will be asked to give feedback throughout the next 12 weeks.



Do you have any questions about the anger management program before we start our first lesson?

## What is Anger?



**Display** the Thought – Emotion – Action slide.



**Distribute** copies of the Thought – Emotion – Action.


In this lesson, we will identify and discuss the process and path of anger. To answer the question, “What is anger?”, we will need to break down the areas of your life that allow anger to exist. Anger is a familiar feeling for every person and expressed in various ways. There is a complexity to the path of anger since anger is expressed through thought, emotions, and behavior. As you look at the anger chart, consider the far-left side column.

# Lesson 1 – What is Anger?

The first box labeled **Thought** stands for the things we think. The second box labeled **Emotions** stands for feelings. The third box, labeled **Action** represents how we act.

To understand the process and path of anger, we will begin with - **Thought**. Thought is what we think about every day. The circumstances and situations we face guide our thoughts to focus on problem-solving, but when our mind is idle, our thoughts are exposed to other influences. Keep in mind, thoughts, and reasoning are two different paths of the same process.

For example, you will reason with your thoughts to make decisions. You will make split-second decisions after reasoning, until the thought reaches an agreeable solution. If anger influences your reasoning ability, the thought process will be challenged, as your mind becomes overstimulated. Your mind will begin to have a tug of war of what to think. You learn during the process of reasoning, that there needs to be a set rules to follow when you are having a difficult time sorting through your thoughts.

 Have you experienced this, where your mind is a tug-of-war?


In the second line, the box is labeled **Rules**. Rules are the learned boundaries that your culture or circumstances have taught you are necessary to follow so that you can have a disciplined thought process. Rules help determine if a choice is something I need or just something I want.

 What are some experiences you have with rules?

In the third box of the first line, it is labeled **Character**. Character is the consistent thought process that comes through reasoning and rules. Character is the disciplined thought process that sets the boundaries of daily life. Everything you are is processed in the mind including your understanding of right and wrong.

 How do you think character affects the way you think?

The last box in the first row is labeled **Confusion**. When you experience anger in your thoughts, it may lead to confusion. You may experience inconsistent thinking. For example, one day right and wrong is one way and then the next everything changes. Anger will let the mind become a battleground of reasoning and chaos. The thought line then feeds the emotion line the information of what I should think.

 Have you experienced moments when anger has caused you confusion?

Next, let us discuss how emotions affect us. The second row, first box, is labeled **Emotions**. Emotion is the processing of feelings and is an extension of thoughts because thoughts set the limitations of acceptable rules of how you will live. Emotions receive the input and discern how to feel. Emotion is the spirit of the law reasoned by your mind. The sensory process is the emotional communication between the mind and the heart. Not the heart that pumps blood but the internal feelings we call emotions.

The second box on the second line is labeled **Moods**. Feelings identify moods we can explain such as love or anger. Feelings are as powerful as we allow them to be. Feeling must have a



# Lesson 1 – What is Anger?

constant flow of thought to hold open the emotional door. You can only feel angry for as long as you entertain the thought of why you are angry.

Moods can be powerful when they are on a positive side of expression but can be very destructive if flowing from the negative side of expression. Moods are wrestled with internally as you try to identify the right and wrong of what you are feeling. Moods become expressive when we operate within the feeling and allow an outgoing response of feeling. Moods become our personality when it is expressed through our feelings.

 What are your experiences with moods?

The second line, the third box on the emotion line is labeled **Personality**. Personality is the expression of your feelings as received by someone else. You have known someone that you could feel their expression of love or anger. Their expression of feeling can be identified by what you feel from them.


If anger is expressed through the emotional line, it may result in instability. Instability is the lack of the ability to control the inner battles of the emotions. Emotion adds the feeling to what you are thinking and spills over to what you will do after receiving the information. The information processed is passed to an external expression of your body. Your body responds through actions.

The third box is labeled **Action**. Action is the summation of what I do. This is the process of your mind thinking a thought, passing through the emotion, and ending up with a physical response. Actions are the expressed form of communication that can be judged by others. What you think, and what you feel will become what you do.

The second box on the action line is labeled **Behavior**. Behavior is the acceptable expression of actions that are approved through the thought process and energized through the emotions. The thought rules have already set limits of what is acceptable behavior and what is not. It is cute when a two-year-old throws a fit but is not acceptable for a forty-year-old to throw a fit.

Actions have the rules of the mind and the boundaries of emotions to decide what the acceptable behavior of the action is. The consistent behavior actions determine the repeated pattern of your thought and emotional stability. This repeated pattern becomes your reputation.

You can determine your behavior, but others label your reputation.

 How do you see action as having a negative impact?

The third box on the action line is labeled **Reputation**. Reputation is an expression of your character, personality, and behavior. Reputations are a summation of what I think, what I feel, and how I act. If anger is expressed in your actions, it is expressed as frustration.

The third box in the action line is labeled **Frustration**. Frustration is caused when anger is present. You want a positive life, but you have a negative source. The goal is to identify, process, and eliminate the presence of anger

# Lesson 1 – What is Anger?

## Lesson Conclusion:

In this lesson, we discussed how thoughts cause emotion, and how emotion contributes to behavior. Remember, anger is a familiar feeling for every person. Because we are human and subject to emotional irregularity, we do meet times of emotional imbalance. Anger is a behavior in all temperaments, whether the person is shy, outgoing, or easy-going.

We can show anger in many ways and use anger as a way of describing many emotions. Frustrations, irritability, annoyance, a form of blowing-off-steam, and a variety of fears incite anger. Today you learned valuable insights into the process and path of anger. As you continue through the program, you will learn how to recognize and positively deal with anger.



Ask the participants the following questions:

- Does anything stick out to you as significant?
- What are some of the topics we discussed today are you going to put into action?
- What questions do you have before we conclude our lesson?

