

# Self-Control Activity

## RESOLVING ANGER (Discussion, 15 minutes)

**Discuss how students can respond with self-control when they feel angry or upset.**

Like physical pain, anger serves as a signal that something is wrong. The best way to control anger is to determine what caused the problem and resolve the underlying issues.

You can overcome anger only when you no longer justify it, explain it away, or blame others for it. Control yourself and your emotions before you do something you regret.

### When You Feel Angry...

- If others bother you or do something to you that you don't like, tell them to stop. If they don't stop, get help right away.
- Do not yell or shout unless there is an emergency. Stay calm and under control.
- Do not slam or throw things when you are upset.
- Focus on what the person said or did. Do not presume you know what the person thought or meant.
- Think about what you might have done to make the problem worse. Claim your part of the problem, and ask for forgiveness.
- If you can't resolve the problem by yourself, get help from someone who is in charge.

