

# GOOD NEWS!



## PERSONAL DEVELOPMENT



Hello readers! We're glad to be back with you again.

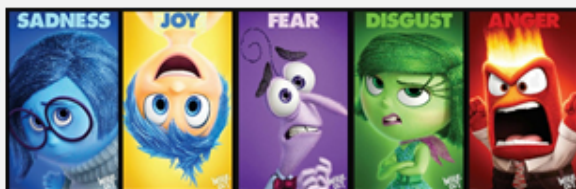


### Got anGeR? Let's talk about it!

Anger is just an emotion – a feeling. And emotions or feelings are normal and natural. ALL humans experience them. They are neither good nor bad. They simply are. Let's • stop • judging • them.

in.pinterest.com/pin/306807793344600383/

**How we handle our emotions,** however is another story altogether. Feelings (even angry feelings) **DO** have to be expressed (let out) in a healthy way. We • don't • want • to • ignore • them!



movies.stackexchange.com/questions/37345/why-are-two-of-rileys-five-emotions-in-inside-out-male

### Did you know that any emotion can be contagious?

Think about this for a minute. When one baby cries, what do the others do?

And when babies laugh, what also happens?

So, if someone starts laughing, even if you don't know the joke, you might start laughing too.

Does it seem likely then that it's easy to get angry when those around you are angry? A negative environment might take you down, but remember that a positive environment might just **lift**

**It goes both ways!**

Ms. Aster and Ms. Barbara



**you UP!**

theminute.wordpress.com/2020/05/25/disney-  
animated-character-of-the-week-54-joy-inside-out/

### **DEUCE Is Poem, by student Gino, C:**

DEUCE is a new start  
DEUCE will set me apart  
I will lose my old ways  
And look to brighter days  
DEUCE is a blessing in disguise  
DEUCE is a chance to rise!





- Anger is extremely contagious
  - When one is perceived as angry, the other person typically responds back with anger
  - Anger grows; reactions build up until someone has the wisdom and skill to stop
  - Uncontrolled anger leads to heightened problems
  - This often has harmful consequences, rarely resolving the original problem
  - The anger circle continues taking on a life of its own
- Adapted from regesh.com/2021/01/12/how-to-help-your-child-manage-their-anger-a-true-story-part-2/*



A lifetime filled with anger has long-term effects on us, so if you don't bounce back from anger that easily today, more help might be needed. (See resources below) *Ms. Aster & Ms. Barbara*

**Anger and Criminal Recidivism:** Those who have problems with authority or are hostile towards others remain in a high risk group for criminal recidivism. If inmates who keep coming back through the system identify and control their anger, their risk of committing a new crime can be greatly minimized.

*Adapted from Corapçioğlu, A., & Erdoğan, S. (2004). doi.org/10.1016/j.forsciint.2003.11.019*

**CLASSES:** Commitment to Change, DEUCE, Parenting; **Teachers:** Ms. Aster, Ms. Barbara, Dr. Dorothy, Ms. Monika, Dr. Roxanne; **PROGRAMS:** AOD: Lacreena, **GPS:** Janna, **MAT:** Phillip, **Office:** Doña

- Resources:**
- Suicide Crisis Hotline: 1(800) 833-2900
  - Mental Health Access: 1(888) 678-7277
  - Homeless Hotline: 211
  - Send an inmate request form for:
    1. Game Plan for Success (GPS)
    2. Medical Assistance Treatment (MAT) - Phillip
    3. Alcohol and Other Drugs (AOD) - Lacreena,
    4. The Chaplain for Spiritual Help

**Newsletter Participation Wanted!**




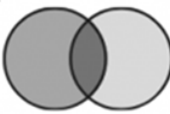





You matter! We want YOU to share your thoughts too. If interested, submit a short self-improvement related poem, success story, drawing, etc.  
Send it to Schools – Personal Development Newsletter

*(It must be appropriate for school. Printing depends on available newsletter space.)*

# ANGER STYLES

Since anger is a perfectly normal emotion, it's not until our **REACTION** to it is out of control, aggressive or constant that it interferes with life.

<b>Aggressive</b>	<b>Passive</b>	<b>Passive Aggressive</b>	<b>Projective Aggressive</b>	<b>Assertive</b>
An aggressive person often feels the need to be in control of themselves, others and the situation. They often manipulate others until the other person feels guilty or backs down.	A passive person tends to avoid conflict and confrontation. These people tend not to express their needs and feelings and have trouble saying no without feeling guilty.	A passive aggressive person uses subtle aggressive techniques to manipulate the situation/person. They use body language, tone or actions to convey anger, but won't outwardly say it.	A projective aggressive person often appears passive; however, they are usually angry and afraid to show their anger. Instead, they project that anger onto someone else.	An assertive person states their needs in an open and direct way, and doesn't wait for someone to read their mind. At the same time, they try to consider other people's opinions too.
<b>BEHAVIOR LOOKS LIKE</b> threats, abuse, humiliation.	<b>BEHAVIOR LOOKS LIKE</b> avoidance of problems, feeling fearful or uncomfortable.	<b>BEHAVIOR LOOKS LIKE</b> silent treatment, withdraw love/affection.	<b>BEHAVIOR LOOKS LIKE</b> getting others to act on their anger for them.	<b>BEHAVIOR LOOKS LIKE</b> stating what is on their mind. Taking responsibility for their life and choices.

<b>RESOLVING CONFLICT</b>	<b>STEP 1</b> Listen! Give respect to get it 	<b>STEP 2</b> See life from the other person's perspective 	<b>STEP 3</b> Golden Rule! Swap stories and treat each other the way you want to be treated 
	<b>STEP 4</b> Notice what is similar and different about us 	<b>STEP 5</b> Decide to be OK with differences in our cultures 	<b>STEP 6</b> Look for common ground 
	<b>STEP 7</b> Recommend a solution ~ get creative if needed 	<b>STEP 8</b> From now on, I'll do this and you'll do that ~ Yes? 	<b>STEP 9</b> Yay US! We're making this work! 

Adapted from: [wou.edu/health/resources/student-health-101/emotional-wellness/conflict-anger-management/](http://wou.edu/health/resources/student-health-101/emotional-wellness/conflict-anger-management/)

## Book Resources:

1) [The Anger Trap: Free Yourself from the Frustrations that Sabotage Your Life](#), by Les Carter

Anger isn't just lost tempers and loud voices; it can be an annoyance, overly critical, or frustration. Learning how to recognize healthy and unhealthy ways of expressing anger can help you live a healthier emotional life. Dr. Carter draws on clinical and spiritual experience to help you live to your fullest without being trapped by your anger.

2) [The Anger Workbook: An Interactive Guide to Anger Management](#), by Les Carter, Ph.D., & Frank Minirth, M.D.

Anger is expressed in a variety of ways, and why we feel it is just as crucial to understanding how to overcome it. This workbook helps readers identify their anger, let go of notions of "defeat" or "weakness," and live more in control of their emotions.

## Never Say These to Someone Who is Angry



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1. **“You’re overreacting / being too sensitive.”** Maybe they are overreacting to you, but saying that is not going to help. Whatever they are feeling is very real to them.

*Instead, try this: “It sounds like this feels important or this sounds serious.”*

2. **“What do you want *me* to do about it?”** Feelings don’t need to be fixed. Sometimes angry feelings just need to be let out so people can be heard.

*Try this: “I can see that this bothers you. Is there anything I can do to help?”*

3. **“You’re wrong!”** This is a sure way to make things worse. Now you have another thing to fight about. No one says you have to agree.

*Try this: “I didn’t see it that way.”*

4. **“You need to calm down.”** Anger produces adrenaline - physical and emotional energy, where they may not be able to calm down right away.

*Try this: “I see this is upsetting you. Is there anything that might help you?”*

5. **“I’m going to ignore you until you calm down.”** Threatening someone with the silent treatment (ghosting them) is a form of emotional abuse; however, a break from an argument is a good way to gather our thoughts.

*Try this: “Can we take a break and talk about this a little later?”*

6. **“What’s wrong with you?”** or **“You’re acting crazy.”** Name calling, especially “crazy”, adds to the stigma around mental illness, and dismissing someone’s feelings is invalidating.

*Try this: Are you OK? I didn’t mean to upset you.*

7. **“Just look on the bright side.”** Logically it may be a good idea to ask them to think positively, but they are almost entirely incapable of doing so in that moment. As a result, this phrase sounds belittling and like you have no idea what they’re feeling or thinking.

*Try this: “Thanks for letting me know.”*

**Listening and validating in a calm, understanding manner is usually all anyone needs to do or say.**

*Ms. Aster & Ms. Barbara adapted from: [fatherly.com/love-money/things-to-never-say-to-someone-angry](http://fatherly.com/love-money/things-to-never-say-to-someone-angry); some statements from Dr. [Anisha Patel-Dunn](#), psychiatrist and Chief Medical Officer at [LifeStance Health](#)*

**Our Personal Development classes & programs may help you with this.**

*Other Images:* [istockphoto.com/search/2/image?phrase=good+news](https://istockphoto.com/search/2/image?phrase=good+news); [vectorstock.com/royalty-free-vectors/symbol-connection-vectors](https://vectorstock.com/royalty-free-vectors/symbol-connection-vectors); [Flame:stock.adobe.com/search?k=cartoon+flames](https://Flame:stock.adobe.com/search?k=cartoon+flames); [Star:pngall.com/aesthetic-star-png/download/73427](https://Star:pngall.com/aesthetic-star-png/download/73427); [High 5:istockphoto.com/search/2/image?mediatype=illustration&phrase=high+five](https://High5:istockphoto.com/search/2/image?mediatype=illustration&phrase=high+five)