

SESSION 5

TOPIC: ANGER

INTRO

This session focuses on anger and how to release it.

SCRIPT

1. Last week's unfinished business.
2. Report on phone calls. How did they go?
3. Review: How did you do on your self-care commitment?
 - ✓ What did you do differently?
 - ✓ What changes are you making?

DISCUSSION

Anger is a natural emotion that needs to be expressed. When we get angry, a cortisol reaction occurs in the brain that causes an increase in our heart rate, blood pressure, respirations and core body temperature. Too much cortisol will decrease the brain's serotonin, a happy hormone. A decrease in serotonin can make you feel anger and pain more easily.

When we physically and emotionally restrain anger, it can be expressed or manifest in inappropriate ways. Sometimes it results in physical discharges into the body or is expressed through erratic behavior. Other times we suppress it until it becomes a lifetime of bitterness.

It is important to learn how to externalize anger so it can be released and resolved.

- It is not a sin to be angry; it is a sin against your being to hold repressed anger.
- Learn to release your anger safely and in a manner that is appropriate for you.

REMEMBER

- ✓ Start and end on time.
- ✓ Keep conversation moving and productive.
- ✓ Ensure every participant has an opportunity to share or pass during the discussion.
- ✓ Protect the conversation from being monopolized.
- ✓ Stay supportive yet neutral.

MATERIALS

- Notebook & pen
- Index cards & pens
- Refreshments
- Nametags
- Tissue

HOMEWORK

- Hidden anger
- Anger quotes
- How to safely process anger
- Self-care assignment

1. **Do you know when you're angry?** What happens to you physically?

- Face turns red
- Blood pressure goes up
- Tight muscles
- Clenched fists
- Heart races

2. **What happens to you emotionally?**

- Cry
- Yell
- Scream
- Curse
- Feel sad
- Feel fear

3. **What happens to you spiritually?**

- Feel guilt
- Feel shame

4. **As a child, what happened when you displayed your natural anger?**

5. **Do you feel mad now?** If so, what are you mad at? Anger doesn't need to be reasonable or rational. You may be angry at:

- Medical establishment, individuals or institutions, hospice, etc.
- The person who died for leaving, not leaving soon enough, drain on finances, for beneficiaries in will, not listening to me about smoking, drinking, etc.
- Relatives and friends for not visiting, insensitivity, not behaving to my expectations.
- God for not minding the store, deserting me in hour of need, ignoring my prayers, letting my loved one suffer.
- Others for murdering my loved one, or for letting him or her abuse oneself.
- Myself. Anger directed inward is one form of guilt.

6. **Discuss how to form a plan to uncover and deal with your anger.**

CONCLUSION

- **Review this session.** Encourage participants to read handouts, journal their thoughts, and try this week's Resilience Rx self-care tip.
- **Phone numbers** for next week's calling. Share your plan to deal with anger with the person you're calling.