Collier County Teen Court
Collier County Courthouse
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Naples, Fl 34112
Tel: 239-252-2756
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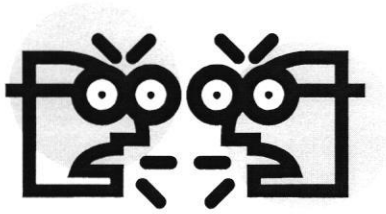

CONFLICT RESOLUTION and ANGER MANAGEMENT

Read and follow the instructions on each page.
Incomplete work will count as unsuccessful completion of your Teen Court Case which will result in your case being brought back to court.
MUST BE COMPLETED IN INK-- NOT PENCIL

Name:_____

What is Anger?

Anger is an emotional response triggered by an interpretation that a threat is or may be present.

Everyone has lots of emotions. At different times, you may be happy, sad, or jealous. Anger is just another way that people feel. It is ok to get angry- in fact- sometimes it is important to get angry. Anger must be released right away. Otherwise you will be like a pot of boing water with the lid left on. If the steam does not escape, the water will eventually boil over and blow its top.

Anger is a powerful emotion. It can be used either in productive or counter-productive ways. It can lengthen or shorten lives. It is like electricity. It can run large equipment or it can electrocute you.

Anger can exist at any one of a wide range of intensities such as:

Irritation……..**Anger**……..**Rage**

Irritation: This can be when you feel annoyed at something that someone has done to you.

Anger: This can be when you feel more than annoyed but can be somewhat controlled.

Rage: This is when the anger has completely taken over your body and you can no longer rationally think about the consequences of your actions. This is the stage that can be the most detrimental, because you don't think, you just act.

Overall Anger causes mental confusion. It leads to impulsive actions and poor decision making.

Exercise #1

Write a time that you felt irritated by someone. What did they do to irritate you? How did you react? If you could go back in time would you change anything that you did? If yes, what? If you acted appropriately, how did you choose the best decision making tool in that instance.
Remember: for every action there is a reaction- What does that mean to you?

Exercise #2

Write a time that someone made you angry. What did they do to upset you? How did you react? If you could go back in time would you change anything that you did? If yes, what? If you acted appropriately, how did you choose the best decision making tool in that instance.

What does "treat others the way that you would have them treat you" mean to you?

Exercise #3

Have you ever felt rage? What happened to make you feel this way? How did you react? If you could go back in time, what would you do differently? How do your actions determine the rad that you will travel?