

## Anger Management

This guide is provided as a tool for use at the discretion of the referring counselor and/or Substance Abuse Professional. It is intended to help assess an individual's understanding of the course content and to gauge their level of participation. This guide is not a substitute for professional medical advice, diagnosis, or treatment.

Part I focuses on core knowledge and understanding. Part II explores engagement with real-life examples covered in the course throughout the course.

*Click or scan the QR code to review the related content.*

### Part I – Knowledge

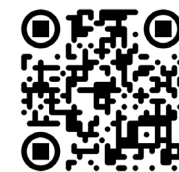
#### What is the difference between healthy anger and harmful anger?

*Expected Responses:* Healthy anger is expressed calmly, with control, and can lead to problem-solving. Harmful anger is explosive, impulsive, or suppressed, and can damage relationships or cause harm.



#### In the topic on distorted thinking, what does it mean to “catastrophize” a situation?

*Expected Responses:* Imagining the worst possible outcome and treating it like a certainty.



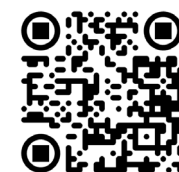
#### How does Bruce Banner learn to control the Hulk’s “just smash or be smashed” mentality?

*Expected Responses:* He becomes more self-aware and learns to pause before reacting. He doesn't try to eliminate anger, but manages it by recognizing early signs and choosing how to respond.



#### What does it mean to repair harm, and why does it matter after an angry episode?

*Expected Responses:* Taking responsibility, apologizing, and trying to rebuild trust. *It shows accountability and helps repair relationships damaged by outbursts.*



#### Which is an example of a small win in anger management?

- A. Promising yourself you'll never get angry again
- B. Pausing before responding to a sarcastic comment**
- C. Avoiding all situations that make you upset
- D. Letting your anger out so it doesn't build up



**Reflection:** *Anger can damage trust when it's expressed in ways that harm others. What's one relationship in your life that could benefit from a more thoughtful response to anger? What might it look like to take responsibility and begin rebuilding trust.*

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## Part II – Engagement

**In the story about Will Smith’s outburst at the Oscars, what was one major consequence he experienced as a result of acting on impulse?**

Expected Responses:

Loss of major film deals or professional opportunities. Banned from the Academy. Industry insiders estimate that the incident may have cost Smith up to \$1 billion in potential earnings.



**The course described how John McEnroe was once known for his emotional outbursts on the tennis court. What did he later share about learning to manage anger, and why does that matter?**

Expected Responses:

He sought therapy and admitted anger was a problem. Shows that managing anger is a lifelong process. Demonstrates that emotional regulation is a skill, not a personality trait. Public backlash or damage to



**In “You Chose Me to Bring Hellfire,” what inappropriate actions did the teacher take in response to feeling disrespected? What could he have done differently to manage his frustration?**

Expected Responses:

Slammed a desk, threw a chair, shouted at students. He could have stepped away, used a time-out, or asked for support.



**Anger management plan for a situation you experienced in the past and are likely to encounter again.**

What’s one situation where you’re most likely to feel overwhelmed or reactive?

What tools work best for you in the moment?

How will you repair when your anger hurts someone else?

How will you take responsibility for your actions?

### REMEMBER

*Managing anger isn’t about being perfect — it’s about building awareness, using your tools, and learning from each experience. Change happens through practice, and your plan will grow over time. ”*

### Confirmation

I personally completed the course assigned and the worksheet. I understand the material and am ready to discuss what I learned with my SAP or counselor.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_