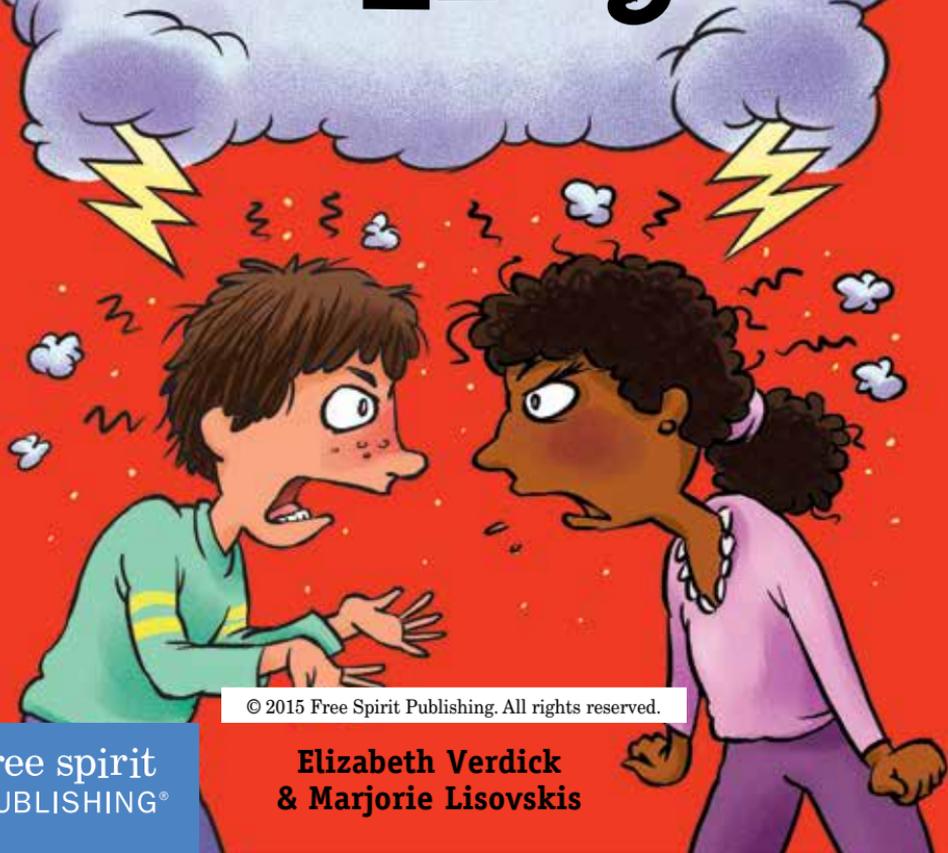




How to Take the **GRRRR** Out of **Anger**



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How to Take the **GRRRR** Out of **Anger**

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& Marjorie Lisovskis

Illustrated by Steve Mark

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Contents

Introduction: Why You Need This Book	1
Chapter 1: How It Feels to Be Angry	4
Chapter 2: Emergency! Quick Ways to Get the Grrrr Out	12
Chapter 3: The Different Faces of Anger . . .	19
Chapter 4: The Dopey Things Angry People Do	27
Chapter 5: Five Steps to Taming That Temper	33
Chapter 6: The Power of Words	46
Chapter 7: Six Steps to Solving Anger Problems	54
Chapter 8: Anger Radar	70
Chapter 9: Anger “What Ifs”	77
Chapter 10: Grrrreat Ways to Keep Your Cool	87

Anger Pledge	98
A Message to Parents and Teachers	99
Resources for Kids	107
Resources for Parents and Teachers	110
Index (The Place to Go for Things You Want to Know).....	117
About the Authors and Illustrator.....	121





Why You Need This Book

Everyone gets angry. There isn't one person on the planet who hasn't been angry before. Some people deal with their anger a lot better than others. And some can't seem to cope with their anger at all.

No matter who you are, anger can make you feel like a real monster.



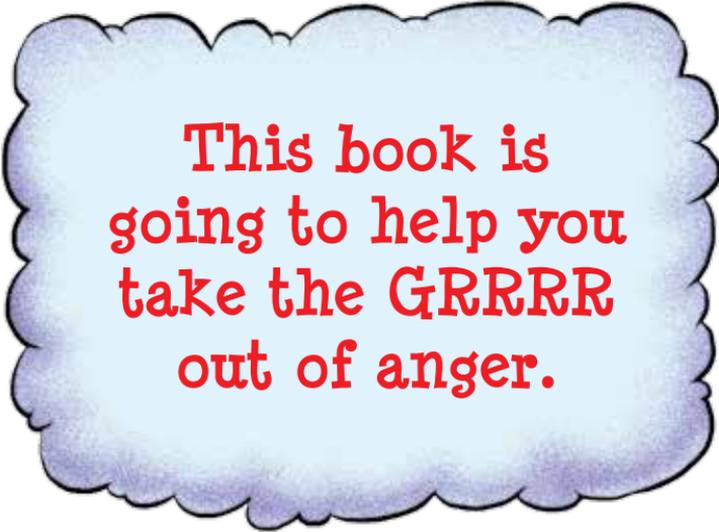
When you're angry, your mind and body may react in these "monstrous" ways:

- 
- **Your brain races with terrible thoughts**
 - **You want to yell, scream, or shout**
 - **You grit your teeth**
 - **You scowl at people**
 - **Your hands ball up into fists**
 - **Your heart pounds**
 - **Your stomach churns**
 - **Your body temperature heats up**
 - **Your feet want to kick or stomp**

There's some good news and bad news about anger. First the bad news (to get it out of the way): Anger can stay with you for a very, very, *very* long time. This may be hard to believe, but some of the adults you know and talk to every day are still angry about stuff that happened when they were kids. Because they never

dealt with their anger, it just stuck around like a bad smell. You probably don't want this to happen to you.

Now for the good news: You have the power to overpower your anger!



**This book is
going to help you
take the GRRRR
out of anger.**

If you learn to handle your anger, you'll feel calmer and more peaceful. This can make it easier for you to get along at home, at school, and out in the world. Your family and friends will respect how well you handle your feelings. Best of all, you'll feel better about yourself. You'll be a stronger, healthier person—guaranteed.

How It Feels to Be Angry

How do you know when you're angry? Some kids describe the feeling like this:

I just get so TENSE!

I want to take it out on somebody.

I want the world to get away from me.

My hands start to shake.

It's like my heart is beating out of CONTROL.

Everything
inside
me is jumpy,
like it has to
get out!

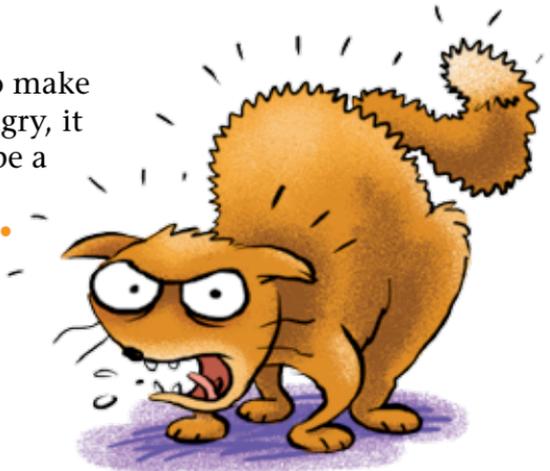
I just want to
break something.

It feels like my
stomach is tied up
in knots.

I feel so mad
that my head
could explode.

If you were to make
a sound while angry, it
would probably be a

grrrrowl.



Do you feel angry a lot of the time? What if you had a special thermometer that could read your anger level all day long? How high would the level go? How often would it reach the hot zones?

The Rage Gauge

Red HOT Anger (Look out!) _____

Tantrum Time _____

Ranting and Raving _____

Flat-Out Furious _____

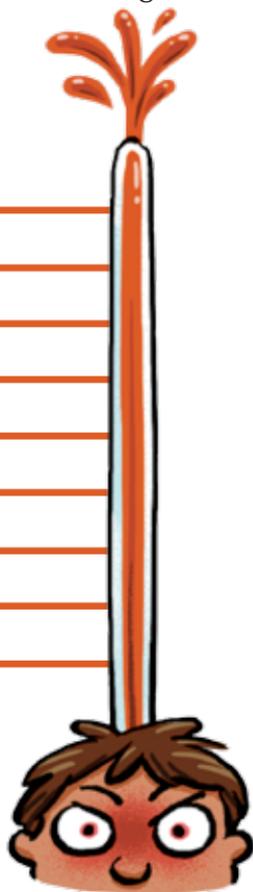
Fussing and Fuming _____

A Total Grouch _____

Generally Grumpy _____

Somewhat Irritated _____

Mildly Annoyed _____



Maybe you don't get angry very often. That's great! But you still might want to figure out ways to deal with anger when it happens. Check out pages 33–45, "Five Steps to Taming That Temper."

On the other hand, maybe you're one of those people who practically wakes up angry. Is your mood so bad it could clear a room?



Or maybe it seems like other people are always doing things that make you mad. Then you may find yourself thinking—or saying—some pretty nasty things.

Like

If your sister leaves the bedroom looking less than perfect:



Or

If somebody gets a better grade than you:



Or . . .

If your friend keeps interrupting when you're trying to talk:



Or . . .

If someone accidentally bumps into you on the way to class:



Sure, other people may sometimes try to make you mad on purpose. But often they're just being themselves, or kidding around, or making mistakes. They may not even know they're angering you.

How do you feel when you're thinking angry thoughts or saying angry words?

Chances are, you feel . . .



Did you know that even just making an angry face may make you feel mad? Scientists have done studies where people in one group were asked to think about a time when they were angry; in another group, the people were told to make an angry face (like a scowl). Guess what? Both groups showed the same anger response. The scientists knew this because they could measure the people's fast heartbeats and their rising body temperatures. Plus, the people said they just plain *felt* mad.

So . . .

an angry face,

angry thoughts,

and angry words

often lead to *more* angry feelings. It's that simple.

Is reading this making you mad? Do you want to know what to do right now to make the anger stop building inside you? Read Chapter 2 for some ideas.

