***DEFENSE MECHANISMS AND ANGER MANGEMENT***

SELF CONTROL

Another important factor for staying healthy is acquiring a sense of control.

People with low \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ feel that parts of their life are out of their control

These people have \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LOCUS OF CONTROL

Others believe they can control at least some aspects of their lives.

These people have an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ LOCUS OF CONTROL

SELF CONTROL

If you believe you have control of a situation, you will do what you need to do to stay in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.

If you think what you do influences your grades you will find out from the teacher how you can do better.

If you don’t think you have control then you won’t bother.

Reality is: YOU ALWAYS HAVE \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CONTROL ON YOUR LIFE.

You need to work out the ways you can influence your future.

You cannot solve problems by blaming others and bad luck for your situation.

Common defense mechanisms

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Covering a weakness by overachieving in another area. (focus on sports vs academics)
* **DAYDREAMING:** Escaping from an unpleasant situation by using your imagination.
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Failure to accept reality (refusal to accept a relationship is over)
* **DISPLACEMENT:** The transfer of negative feelings about someone to someone else
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Putting negative feelings on someone else.
* **RATIONALIZATION:** Justifying irrational behavior
* **REACTION FORMATION:** Expressing emotions that are the exact opposite of what you feel (acting like a goof ball in a group to hide the fact you are really shy)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** Using childlike ways of expressing emotions like anger or disappointment (throwing a tantrum)
* **REPRESSION:** Blocking out unpleasant memories
* **SUBLIMATION:** Redirecting bad or unacceptable behavior into positive behavior (channeling aggression to where it is acceptable)
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** converting emotions into bodily symptoms (stomach aches, headaches)

Anger management

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ is usually in response to being hurt or frustrated, insulted or rejected.

An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** is a thought or event that causes a person to become angry.

An \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** is a body change that occurs when a person is angry.

Body usually responds with fight or flight

Prepared to take quick action

anger

* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**:** anger that is not recognized and is expressed in an inappropriate way
* Being negative
* Making cruel remarks
* Being sarcastic
* \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Blowing up easily
* Having little interest in anything
* Being depressed
* Can cause health problems: ulcers, headaches, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Anger management: 10 tips to tame your temper** [by Mayo Clinic Staff](http://www.mayoclinic.org/about-this-site/welcome)

Anger is a normal and even healthy emotion — but it's important to deal with it in a positive way. Uncontrolled anger can take a toll on both your health and your relationships. Ready to get your anger under control? Start by considering these 10 anger management tips.

### 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ before you \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

In the heat of the moment, it's easy to say something you'll later regret. Take a few moments to collect your thoughts before saying anything — and allow others involved in the situation to do the same.

### 2. Once you're \_\_\_\_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ your anger

As soon as you're thinking clearly, express your frustration in an assertive but nonconfrontational way. State your concerns and needs clearly and directly, without hurting others or trying to control them.

### 3. Get some \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Physical activity can help reduce stress that can cause you to become angry. If you feel your anger escalating, go for a brisk walk or run, or spend some time doing other enjoyable physical activities.

### 4. Take a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Timeouts aren't just for kids. Give yourself short breaks during times of the day that tend to be stressful. A few moments of quiet time might help you feel better prepared to handle what's ahead without getting irritated or angry.

### 5. Identify possible\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Instead of focusing on what made you mad, work on resolving the issue at hand. Does your child's messy room drive you crazy? Close the door. Is your partner late for dinner every night? Schedule meals later in the evening — or agree to eat on your own a few times a week. Remind yourself that anger won't fix anything and might only make it worse.

**6. Stick with \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

To avoid criticizing or placing blame — which might only increase tension — use "I" statements to describe the problem. Be respectful and specific. For example, say, "I'm upset that you left the table without offering to help with the dishes" instead of "You never do any housework."

**7. Don't hold a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Forgiveness is a powerful tool. If you allow anger and other negative feelings to crowd out positive feelings, you might find yourself swallowed up by your own bitterness or sense of injustice. But if you can forgive someone who angered you, you might both learn from the situation and strengthen your relationship.

**8. Use\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ to release \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Lightening up can help diffuse tension. Use humor to help you face what's making you angry and, possibly, any unrealistic expectations you have for how things should go. Avoid sarcasm, though — it can hurt feelings and make things worse.

**9. Practice \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ skills**

When your temper flares, put relaxation skills to work. Practice deep-breathing exercises, imagine a relaxing scene, or repeat a calming word or phrase, such as "Take it easy." You might also listen to music, write in a journal or do a few yoga poses — whatever it takes to encourage relaxation.

**10. Know when to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Learning to control anger is a challenge for everyone at times. Seek help for anger issues if your anger seems out of control, causes you to do things you regret or hurts those around you.