

# RETRACKING



*This download is about Anger*

*It starts of with getting you to think about yourself, and how things, or people affect you, like make you angry, or sad, or happy.*

*You should print it out or save it to disk*

**1**

*Look at it a bit at a time, and go through each page, either on your own or with a friend or adult*

**2**

*Like all things in life, learning new skills on your own is difficult, though not always impossible.*

**3**

*Lots of practice helps, and/or getting a coach or some sort of teacher (could be a friend) may help you learn a new skill.*

**4**

*If these sheets don't help, look at some of the others, get yourself some direct help, and definitely talk to someone.*

**5**

*That's all!*

# EXCUSES...EXCUSES!!!

We all make use of EXCUSES at times to explain our behaviour.

Below is a list of excuses which you might use to explain what you do at school.

Tick the ones you think you may have used on a regular basis.

Underline the two excuses which are your favourites.

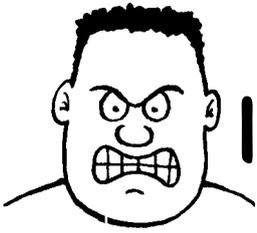


1. IT WASN'T MY FAULT!
2. WE WERE ONLY HAVING A BIT OF FUN
3. YOU'RE ALWAYS PICKING ON ME / US!
4. THEY MADE ME DO IT
5. I WAS BORED AND THERE WAS NOTHING ELSE TO DO
6. IT WAS AN ACCIDENT!
7. I FORGOT .... I'VE GOT A LOT ON MY MIND!
8. I COULDN'T LET MY MATES DOWN COULD I?
9. I'M NOT THE ONLY ONE .... EVERYBODY WAS DOING IT
10. IT'S JUST A PHASE I'M GOING THROUGH
11. THEY WERE ASKING FOR IT WEREN'T THEY?
12. I JUST WANTED TO PROVE THAT I COULD DO IT
13. IT SEEMED LIKE A GOOD IDEA AT THE TIME
14. I JUST DIDN'T THINK
15. THEY WERE REALLY ANNOYING ME, WHAT DO YOU EXPECT?



CAN YOU THINK OF ANY OTHER GOOD ONES?





# IT MAKES ME SO ANGRY!!!

Complete the following sentences as honestly as you can.



I LOSE MY TEMPER WHEN \_\_\_\_\_

WHEN I DON'T AGREE WITH PEOPLE I USUALLY \_\_\_\_\_

I CAN'T STAND \_\_\_\_\_

I FEEL LIKE HITTING PEOPLE WHEN \_\_\_\_\_

WHEN PEOPLE TELL ME WHAT TO DO I \_\_\_\_\_

WHEN I AM ANGRY I \_\_\_\_\_

THE LAST TIME THAT I WAS ANGRY WAS \_\_\_\_\_

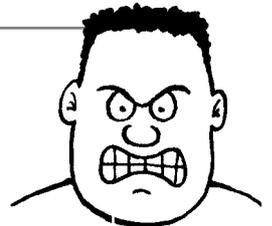
WHEN PEOPLE ARE ANGRY WITH ME I FEEL \_\_\_\_\_

OTHER PEOPLE MAKE ME ANGRY WHEN THEY \_\_\_\_\_

I MAKE MY PARENTS ANGRY WHEN I \_\_\_\_\_

I MAKE MY TEACHERS ANGRY WHEN I \_\_\_\_\_

THE WORST THING THAT I COULD DO TO SOMEBODY IS \_\_\_\_\_



# SWINGS AND ROUNDABOUTS

Sometimes we're "up" and sometimes we're "down" ... that's life!

Think about your average day and record your mood swings from the moment that you wake in the morning and the time that you eventually go to sleep at night.

List the high and low points which occur during your day, at the appropriate times.

Draw a curving line to join these points, e.g.



WAKE



SLEEP



LOWS

SIGNIFICANT EVENTS



NORMAL

WAKE



HIGHS

SIGNIFICANT EVENTS

SLEEP

# KEEPING IN CONTROL

In order to stay in control of events that happen to us, we all need to take time to consider the things that we think, say and do. If we don't take time to STOP AND THINK it often goes disastrously wrong.

On the grid below have a go at filling in the things that you think you should or should not do/ think/ say.

This is quite a difficult exercise so here are a few questions to help you along:

Are there other things that I could be doing to keep me busy and out of trouble?

What kinds of things am I doing at the time when I usually get into trouble?

What am I usually talking about at the time when I get into trouble?

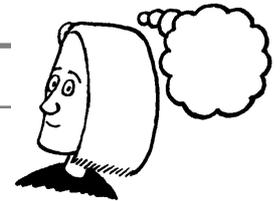
What could I say / talk about, to avoid getting in to trouble?

What kind of things am I doing or thinking about when I am not in trouble?



THINGS I SHOULD ...  
(TO STAY OUT  
OF TROUBLE!)

THINK	SAY	DO



THINGS I SHOULDN'T ...  
(OR I'LL GET  
INTO TROUBLE!)

THINK	SAY	DO



# HOW HONEST AM I?

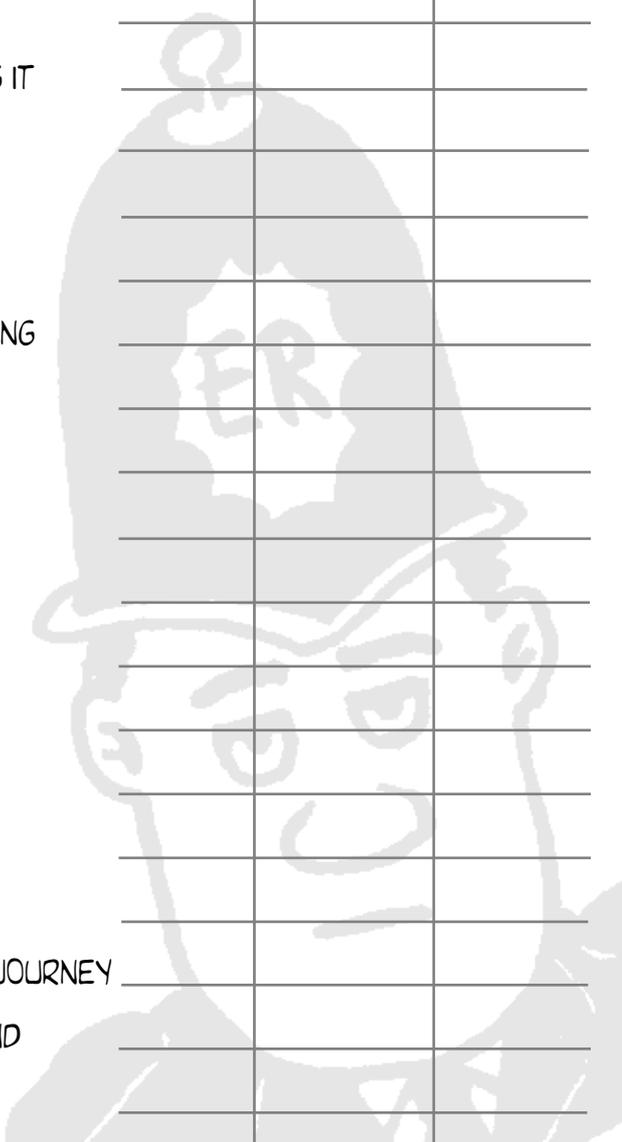
What are your opinions on the following situations?

Do you think that they are HONEST or DISHONEST?

Which ones do you think that you might be tempted to do?

Put a tick in the appropriate column ... try to be honest in your answers!

<u>SITUATION</u>	<u>HONEST</u>	<u>DISHONEST</u>	<u>TEMPTED</u>
1. COPYING SOMEBODY'S HOMEWORK			
2. FINDING £5 IN THE STREET AND KEEPING IT			
3. TELLING LIES TO MY PARENTS			
4. TELLING LIES TO MY FRIEND			
5. CHEATING IN AN EXAM			
6. TAKING SOMEBODY'S BIKE WITHOUT ASKING			
7. SAYING I'M OLDER IN A PUB OR CINEMA			
8. CHEATING AT CARDS			
9. SHOPLIFTING			
10. NOT RETURNING THINGS I'VE BORROWED			
11. DRIVING A CAR UNDERAGE			
12. DRINKING ALCOHOL UNDERAGE			
13. HAVING SEX UNDERAGE			
14. TAKING AND DRIVING AWAY A CAR			
15. MUGGING			
16. NOT WEARING MY SEATBELT ON A CAR JOURNEY			
17. CHEATING ON MY GIRLFRIEND/ BOYFRIEND			
18.			
19.			
20.			



On another piece of paper have a go at putting these various "offences" in order of seriousness, from 1 as the least serious, to 20 as the most serious.

# FRIENDS AND TEMPTATIONS

Maybe you have already been involved in breaking the law?  
If so, make a list of the sort of things which you have done which would  
be thought of as "criminal":



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---

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What stops you from doing these things more often? \_\_\_\_\_

---

What do you get out of it? \_\_\_\_\_

---

How far are your friends involved with you in offending? \_\_\_\_\_

Put a circle round T for true or F for false next to the following statements:

- |   |   |   |
|---|---|---|
| 1. I USUALLY OFFEND BY MYSELF                                   | T | F |
| 2. MY FRIENDS ENCOURAGE ME TO DO THINGS I DON'T WANT TO DO      | T | F |
| 3. IF I STOPPED OFFENDING SO WOULD MY FRIENDS                   | T | F |
| 4. I WOULDN'T HAVE ANY FRIENDS IF I STOPPED OFFENDING           | T | F |
| 5. I ENCOURAGE MY FRIENDS TO DO THINGS THEY DON'T WANT TO DO    | T | F |
| 6. MY FRIENDS DON'T OFFEND                                      | T | F |
| 7. MY FRIENDS LOOK UP TO ME BECAUSE I OFFEND                    | T | F |
| 8. MY FRIENDS ARE TOO SCARED TO DO THE THINGS THAT I WANT TO DO | T | F |
| 9. MY FRIENDS TRY TO STOP ME FROM OFFENDING                     | T | F |
| 10. I GOT INTO TROUBLE FIRST BECAUSE OF MY FRIENDS              | T | F |



I'M JUST USELESS AT EVERYTHING... THERE'S NO POINT IN TRYING.

IT'S EVERYBODY ELSE'S FAULT, NOBODY UNDERSTANDS  
ME SO WHY SHOULD I BOTHER?

SCHOOL IS A WASTE OF TIME... I'LL NEVER ACHIEVE ANYTHING THERE.

I'VE JUST BEEN BORN WITH THIS AWFUL TEMPER,  
THERE'S NOTHING THAT I CAN DO ABOUT IT.

I'VE ALWAYS HAD PROBLEMS WITH MY READING AND SPELLING...  
THEY ALL THINK THAT I'M STUPID.

NOBODY CARE ABOUT WHAT HAPPENS TO ME.

I'LL NEVER GET WHAT I WANT OUT OF LIFE.

I JUST DON'T SEEM TO BE ABLE TO MAKE OTHER PEOPLE LISTEN TO ME.

NONE OF MY TEACHERS WANT TO HELP ME...  
THEY ALWAYS TAKE ME THE WRONG WAY.

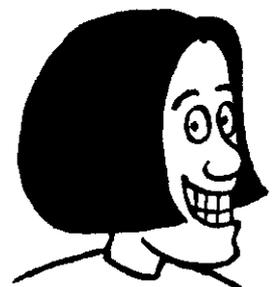
... are these some of the thoughts that go through your head?

... do you really think that your situation is totally hopeless?

... would you like some help to change things for the better?

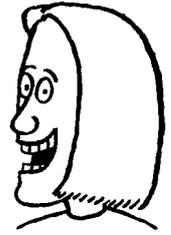
IN SECTION 3 LET'S MOVE ON TOGETHER AND DISCOVER  
SOME WAYS OF THINKING AND LIVING MORE POSITIVELY.

TURN THE PAGE FOR SOME  
**POSITIVE THOUGHTS AND  
CHALLENGES**





# LET'S THINK POSITIVE!!!



I'M NOT PERFECT... BUT WHO IS? WE'VE ALL GOT OUR STRENGTHS AND OUR WEAKNESSES.

WE ALL MAKE MISTAKES SOMETIMES, BUT WE CAN LEARN THROUGH THEM AND NOT LET THEM HAPPEN AGAIN.

THERE'S LOTS OF THINGS THAT I AM GOOD AT.

I'M NOT VERY SKILLFUL AT SOME OF THE THINGS THAT I DO BUT I CAN PRACTICE THEM AND GET BETTER.

I HAVE MY OWN IDEAS AND OPINIONS BUT I AM NOT VERY GOOD AT EXPRESSING THEM YET... I WILL GET BETTER.

LOTS OF PEOPLE CARE ABOUT ME AND WANT TO HELP ME.

I CAN MAKE CHOICES ABOUT WHAT HAPPENS TO ME.

I CAN MAKE SENSIBLE PLANS FOR THE FUTURE AND ACHIEVE WHAT I WANT IN LIFE.

EDUCATION HAS AN AWFUL LOT TO OFFER, BOTH AT SCHOOL AND AT COLLEGE... I CAN TAKE WHAT I LIKE FROM IT AND CHANGE MY LIFE FOR THE BETTER.

...come on then, let's get going... moving forward to a positive future where you are in control...





# MANAGING OUR ANGER

In the previous sections we looked at the sorts of situations which might lead to you losing your temper.

Now we need to look in more detail at the “triggers”, at the thoughts that are going on in your head and at ways in which we can stop your anger from becoming a negative force.

★ WHEN ARE YOU LIKELY TO LOSE YOUR TEMPER?

...ARE YOU TIRED? FRUSTRATED? TENSE? HUNGRY? TIRED? SAD? IRRITATED?

★ WHAT ARE THE PHYSICAL SIGNS OF ANGER IN YOUR BODY?

...MUSCLES TIGHT? RAPID BREATHING? POUNDING HEART? CLENCHED FISTS?

★ WHAT'S GOING THROUGH YOUR MIND?

...IT'S ME OR HIM! I'LL SHOW THEM! IT'S NOT FAIR! I'VE GOT TO WIN THIS ONE!

Just being aware of some of these things is half the battle... once aware that you are in danger of blowing, try some of the following:



TRY TO RELAX (SEE NEXT SECTION FOR TECHNIQUES)



TAKE DEEP CONTROLLED BREATHS



GIVE YOURSELF A MOMENT TO THINK ABOUT WHAT IS HAPPENING - COUNT TO 5/10/20



USE A MAGIC WORD IN YOUR HEAD EG, STOP! OR CALM!



TRY TO DISTRACT YOURSELF EG, SING A SONG IN YOUR HEAD OR COUNT BACKWARDS FROM TWENTY



WALK AWAY



SAY SOME POSITIVE THINGS TO YOURSELF (SEE NEXT PAGE)



TRY TO IMAGINE A SOOTHING SCENE IN YOUR HEAD EG, ON A RIVERBANK OR FLOATING ON AN AIRBED ON THE SEA





# GIVE YOURSELF A GOOD TALKING TO !!!



Practice some of the following positive “self-statements”:



I KNOW THAT THIS COULD BE DIFFICULT BUT I CAN HANDLE IT AND STAY IN CONTROL



TAKE SOME DEEP BREATHS



CALM ... CALM ...



RELAX THOSE MUSCLES



THINK OF MY RELAXING SCENE



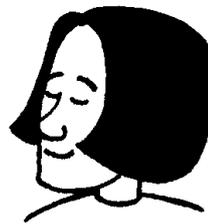
THIS PERSON HAS THE PROBLEM, I'M NOT GOING TO LET THEM GET TO ME



I'M NOT GOING TO TAKE THIS PERSONALLY



MY VOICE WILL STAY QUIET AND CALM (EVEN IF I'M SHOUTING INSIDE!!)



WELL DONE ... I DID IT !



See... you can do it. Remember, practice makes perfect !

On the following page is a kind of diary for you to keep over the next week or two. Practice your responses and keep a record of your successes.



# AN EYE ON YOURSELF?



During the course of the next week keep record for yourself of how many times you have achieved the following things.

Simply put a circle around the next number each time you have a success

<u>GOAL</u>	<u>NUMBER OF TIMES ACHIEVED</u>
SPOKE QUIETLY INSTEAD OF SHOUTING EVEN THOUGH I WAS ANGRY	1 2 3 4 5 6 7 8 9 10
WALKED AWAY FROM POSSIBLE TROUBLE	1 2 3 4 5 6 7 8 9 10
STOPPED MYSELF FROM SWEARING AT SOMEBODY	1 2 3 4 5 6 7 8 9 10
FELT ANGRY BUT COOLED MYSELF DOWN	1 2 3 4 5 6 7 8 9 10
STOPPED MYSELF FROM HITTING SOMEBODY	1 2 3 4 5 6 7 8 9 10
AVOIDED AN ARGUMENT BY TALKING AND LISTENING	1 2 3 4 5 6 7 8 9 10
SPOKE POLITELY TO SOMEBODY I DON'T LIKE	1 2 3 4 5 6 7 8 9 10
.....	1 2 3 4 5 6 7 8 9 10
.....	1 2 3 4 5 6 7 8 9 10

## WELL DONE !!





# LET'S RELAX!



Learning to relax is an extremely important and valuable thing to do. It doesn't come naturally to many of us and we need to practice the skills involved in order to become better at it.

Learning to relax stops us from:

- ✓ GETTING PHYSICALLY TENSE
- ✓ HAVING HEADACHES
- ✓ GETTING TIRED
- ✓ BECOMING ANXIOUS AND IRRITABLE
- ✓ HAVING SLEEPLESS NIGHTS
- ✓ GETTING INTO ARGUMENTS AND FIGHTS



## RULES FOR RELAXATION



DECIDE UPON A DAILY ROUTINE FOR YOUR RELAXATION PRACTICE,  
ie, WHEN AND WHERE

CHOOSE SOMEWHERE QUIET TO PRACTICE WHERE YOU WON'T  
BE DISTURBED

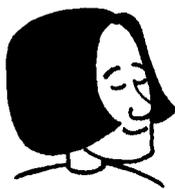
DON'T PRACTICE IF YOU ARE HUNGRY OR IF YOU HAVE JUST  
HAD A MEAL

BREATHE THROUGH YOUR NOSE, TAKING DEEP REGULAR BREATHS

TRY TO BE CONSCIOUS OF USING YOUR STOMACH MUSCLES TO  
BREATHE WITH

Turn now to the following pages for specific instructions...  
no falling asleep please !!





# LET'S RELAX THOSE MUSCLES !!



1. LIE DOWN OR SIT SO THAT YOU ARE FEELING REALLY COMFORTABLE.
2. CONCENTRATE ON THE FEELINGS IN YOUR MUSCLES AS WE TRY TENSING OR RELAXING THEM.
3. STARTING WITH YOUR **HANDS AND ARMS**, CLENCH YOUR FIST TIGHTLY AND TENSE THE MUSCLES IN YOUR ARMS. VERY SLOWLY RELAX THEM. REPEAT SEVERAL TIMES.
4. NOW THINK ABOUT YOUR **SHOULDERS**. HUNCH THEM UP TIGHTLY, NEARLY TOUCHING YOUR EARS. SLOWLY LET THEM RELAX. REPEAT A NUMBER OF TIMES.
5. KEEPING YOUR **EYES** CLOSED SCREW THEM UP TIGHTLY THEN GRADUALLY RELEASE YOUR EYELIDS UNTIL THEY ARE TOTALLY RELAXED. REPEAT.
6. TIGHTEN UP YOUR **EYEBROWS** BY DRAWING THEM TOGETHER THEN SLOWLY RELEASE THE TENSION IN YOUR FOREHEAD. REPEAT.
7. TENSE YOUR **JAW** BY BITING YOUR BACK TEETH TOGETHER TIGHTLY. THEN LET YOUR JAW GET HEAVIER AND HEAVIER UNTIL TOTALLY RELAXED. REPEAT.
8. TO RELAX YOUR **NECK** LET YOUR CHIN FALL FORWARD ONTO YOUR CHEST UNTIL THE MUSCLES IN YOUR NECK FEEL QUITE TIGHT. SLOWLY PULL IT BACK UNTIL YOU FEEL RELAXED. REPEAT.
9. PULL YOUR **STOMACH** IN AS TIGHTLY AS YOU CAN THEN GRADUALLY RELAX THOSE MUSCLES AND REPEAT.
10. USING YOUR HEELS PUSH DOWN HARD AGAINST THE FLOOR UNTIL YOU FEEL THE **TOPS OF YOUR LEGS** ARE AS TIGHT AS POSSIBLE. SLOWLY RELAX AND THEN REPEAT. FOR THE **BOTTOM HALF OF YOUR LEGS** POINT YOUR TOES AS HARD AS YOU CAN THEN SLOWLY RELEASE AND REPEAT.

GO THROUGH THE WHOLE SEQUENCE AGAIN.

# STOPPING AND THINKING



Do you remember, in the previous sections, we spent some time looking at some of the reasons that might have led you getting into trouble, at school, at home or in the community?

We talked about “*pushes and pulls*”, about “*body language*” and “*keeping in control*”. In this section we have thought about “*willpower*” and might even have tried some exercises aimed at developing greater *self control*.

If you were to take a moment, thinking again about some of the situations which have led to uncomfortable consequences for yourself, you would probably agree that if you had given yourself time to think about the possible outcomes you might not have gone ahead?



STOP!



THINK!

WHAT WILL I GAIN FROM DOING THIS?

WHAT WILL I LOSE FROM DOING THIS?

WHAT WILL OTHERS GAIN IF I DO THIS?

WHAT WILL OTHERS LOSE IF I DO THIS?

This extra link in the chain of events need only take a matter of seconds, yet it might save you an awful lot of trouble in coming hours and days!

Have a go at filling in a simple diary (overleaf) for the coming week, aiming to keep aware of your responses and possible consequences.



# STOP AND THINK DIARY

DAY AND DATE

TIME & PLACE

WHO WAS THERE

WHAT WAS HAPPENING

WHAT I DID

WHO GAINED WHAT?

WHO LOST WHAT?

DID I STOP AND THINK? YES/NO

WHAT MIGHT HAVE OCCURRED IF I DIDN'T STOP AND THINK? (OR, IF I DID?)