

# PORTRAYALS OF ANGER MANAGEMENT SKILLS

## A Viewer's Check List

### Part 1: The Angry Character (AC)

Program: \_\_\_\_\_

Using the Viewer's Check List:

- Fill out the check list for each show you watch.
- Select one angry character (AC) to follow in the show. It may be the first person who shows anger or the first person who mentions anger.
- Keep track of the points for each item by recording the point score next to the answer box in the space after it. (Don't forget to record +'s and -'s!)

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Was there an anger situation?         | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Who was angry? _____                  |                          |                          |
| 3. Why was AC angry? _____               |                          |                          |
| 4. How was the situation resolved? _____ |                          |                          |

- |                   |                 |                               |                               |       |
|-------------------|-----------------|-------------------------------|-------------------------------|-------|
| Did the situation | Improve?        | <input type="checkbox"/> (+3) | <input type="checkbox"/> (+0) | _____ |
|                   | Get worse?      | <input type="checkbox"/> (-1) | <input type="checkbox"/> (+0) | _____ |
|                   | Become violent? | <input type="checkbox"/> (-5) | <input type="checkbox"/> (+0) | _____ |
|                   | Stay the same?  | <input type="checkbox"/> (+0) | <input type="checkbox"/> (+0) | _____ |

#### 5. How did the AC react?

- Did AC know he was angry?  (+1)  (+0) \_\_\_\_\_
- Can you tell what works to calm AC?  (+1)  (+0) \_\_\_\_\_
- Did AC show signs that he understood the other person's feelings?  (+1)  (+0) \_\_\_\_\_
- Did AC find humor in the situation?  (+1)  (+0) \_\_\_\_\_
- Did AC change his thinking about the situation that angered him?  (+1)  (+0) \_\_\_\_\_
- Despite his anger, did AC show respect for the other person?  (+1)  (+0) \_\_\_\_\_
- Did AC focus on the present situation without bringing up old grudges?  (+1)  (+0) \_\_\_\_\_

total \_\_\_\_\_

#### To Compute Anger Management Skill Score (AMSS)

Add (+) or subtract (-) the numbers you recorded next to each item. There are 10 possible points, 10 being the best and -6 being the worst AMSS.

# PORTRAYALS OF ANGER MANAGEMENT SKILLS

## A Viewer's Check List

### Part 2: The Target of the Angry Person (T)

Program: \_\_\_\_\_

Using the Viewer's Check List:

- Fill out the check list for each show you watch.
- Select one character who is the *target* of the angry person.
- Keep track of the points for each item by recording the point score next to the answer box in the space after it. (Don't forget to record +'s and -'s!)

- |   | Yes                      | No                       |
|---|--------------------------|--------------------------|
| 1. Was there an anger situation?          | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Who was angry and why? _____           |                          |                          |
| 3. Who was the target of the anger? _____ |                          |                          |
| 4. How was the situation resolved? _____  |                          |                          |

- |                   |                 |                               |                               |       |
|-------------------|-----------------|-------------------------------|-------------------------------|-------|
| Did the situation | Improve?        | <input type="checkbox"/> (+3) | <input type="checkbox"/> (+0) | _____ |
|                   | Get worse?      | <input type="checkbox"/> (-1) | <input type="checkbox"/> (+0) | _____ |
|                   | Become violent? | <input type="checkbox"/> (-5) | <input type="checkbox"/> (+0) | _____ |
|                   | Stay the same?  | <input type="checkbox"/> (+0) | <input type="checkbox"/> (+0) | _____ |

#### 5. How did the target (T) react to the angry character (AC)?

- |   |                               |                               |       |
|---|-------------------------------|-------------------------------|-------|
| • Did T know AC was angry?                                      | <input type="checkbox"/> (+1) | <input type="checkbox"/> (+0) | _____ |
| • Did T use humor or distraction to reduce AC's anger?          | <input type="checkbox"/> (+1) | <input type="checkbox"/> (+0) | _____ |
| • Did T listen to AC and hear what he was saying?               | <input type="checkbox"/> (+1) | <input type="checkbox"/> (+0) | _____ |
| • Did T try to understand AC's point of view?                   | <input type="checkbox"/> (+1) | <input type="checkbox"/> (+0) | _____ |
| • Did T explain some facts or interpretations of the situation? | <input type="checkbox"/> (+1) | <input type="checkbox"/> (+0) | _____ |
| • Did T help AC see the situation in a new light?               | <input type="checkbox"/> (+1) | <input type="checkbox"/> (+0) | _____ |
| • Did T show respect for AC?                                    | <input type="checkbox"/> (+1) | <input type="checkbox"/> (+0) | _____ |

total \_\_\_\_\_

#### To Compute Anger Management Skill Score (AMSS)

Add (+) or subtract (-) the numbers you recorded next to each item. There are 10 possible points, 10 being the best and -5 being the worst AMSS.