

## Anger Management

### 1. Humor

EXAMPLE: In the movie, *She's Having a Baby*, Jake is upset with his wife for telling her mother private details. Jake makes a joke about her parents now wanting to give them sexual pointers.

### 2. Listening to reason

EXAMPLE: A police officer from the show, *Cops*, is talking on the phone with a suspect who refuses to leave his home. The officer calms the angry suspect down by explaining rationally why the suspect should cooperate.

### 3. Rationalization

EXAMPLE: When Kelly from the TV sitcom, *Coach*, is upset because she did not get any job interviews, she tries to rationalize the situation to calm herself down.

### 4. Leaving the unpleasant situation

EXAMPLE: In the TV movie, *A Child Too Many*, a frustrated parent is arguing with an adoption agency representative. In the middle of the argument, the parent walks out of the representative's office.

### 5. Apologizing

EXAMPLE: After Mike from *Saved By the Bell* yells at the guys for playing poker, he apologizes for his outburst.

### 6. Analyzing angry outbursts

EXAMPLE: In a scene from *Murphy Brown*, Miles yells at the staff for being uncooperative. Immediately afterwards, he starts to worry about why he had the outburst.

### 7. Taking out frustrations on inanimate objects

EXAMPLE: In the show, *Top Cops*, a man is upset because his wife and daughter have locked him out of the house. He releases his frustration by banging on the door.

### 8. Acknowledging fault

EXAMPLE: Jesse and Joey of the sitcom, *Full House*, are arguing about what name to give their radio call-in show. After a few minutes of bickering, they both admit that their argument is petty and immature.

9. Discussing a resolution

EXAMPLE: In *The Adventures of Brisco County Jr.*, Brisco and his friend are roped together and stuck in quicksand. They argue with each other until they come up with an appropriate escape plan.

10. Affection

EXAMPLE: A husband and wife are quarreling in the TV movie, *A Child Too Many*. During this scene, the husband spontaneously hugs his wife, then professes his love to her.

11. Changing the subject

EXAMPLE: In the sitcom, *Family Album*, a husband and wife are arguing about whether or not they should have a will. In order to abruptly end the debate, the wife announces that it is time for bed.

12. Revenge

EXAMPLE: *Married with Children's* Kelly and Bud are angry that their dates left them. They quell their anger by devising a plan to lure a dog into their dates' car.

13. Physical retaliation

EXAMPLE: In the film, *When Harry Met Sally*, the two main characters, Harry and Sally, are bickering at their friends' wedding. Harry makes a comment which infuriates Sally, and Sally, in response, slaps him.

14. Relaxation

NO EXAMPLE

15. Self-Instruction

NO EXAMPLE

[190] From: bwithe 11/10/94 5:28PM (3567 bytes: 1 ln)

To: fgg

Subject: Anger information

----- Message Contents -----

George,

This is Ilicia's analysis of anger management. She found 15 ways in which anger was managed:

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