

Activity Time-Out # 1

Anger Management Self-Assessment:

Time: 10 -15 minutes.

Questions:

1. People tell you that you need to calm down.	Yes	No
2. You feel tense much of the time.	Yes	No
3. At work, you find yourself not saying what is on your mind.	Yes	No
4. When you are upset, you try to block the world out by watching TV, reading a book or magazine, or going to sleep.	Yes	No
5. You are drinking or smoking marijuana almost daily to help you calm down.	Yes	No
6. You have trouble going to sleep.	Yes	No
7. You feel misunderstood or not listened too much of the time.	Yes	No
8. People ask you not to yell or curse so much.	Yes	No
9. Your loved ones keep saying that you are hurting them.	Yes	No
10. Friends do not seek you out as much as they once did.	Yes	No

Key:

0 -2 Yes = Manageable: You could benefit from relaxation training.

3-5 Yes = Moderate: You need to learn more about what stresses you, and learn stress management techniques.

6+ Yes = Out of Control: You have an anger problem that could benefit from learning anger management techniques.

Activity Time-Out # 2

Listening Skills Game: to develop skills of empathy in communication by active and effective listening.

Time: 20- 30 Minutes.

Material Needed: 3 Magazines or Newspaper Articles.

Select a controversial topic from a local newspaper or magazine. The subject could be on business, politics, sports or any other interesting topic.

Subdivide participant into groups of three. Each triad selects a speaker, Listener and referee (who is also a time keeper). The selected speaker explains his thoughts and feeling about the chosen topic in no more than 5 minutes. After the Speaker finishes the Listener verbally summarizes what the Speaker said in 1 – 2 minutes. The Referee keeps notes about what both Speaker and Listener have said. The Referee is the only one allowed to take notes. After the Listener has finished the Speaker and Referee can correct or amplify what the Speaker said.

After they completed their discussion, select a new topic and reverse roles, using the same procedure. After another 8 – 10 minutes chose a third topic and reverse roles again for the last time, allowing each person to act in each one of the 3 roles.

After they are finished their discussions, pose the following questions:

1. In your Role as a speaker, did you sense any difficulties or experience any awkward moments?
 2. How about as a Listener or Referee?
 3. Did you notice any barriers that made the process of effective listening difficult?
 4. As a Listener, was it difficult to summarize and paraphrase the Speakers comments? If yes Why?
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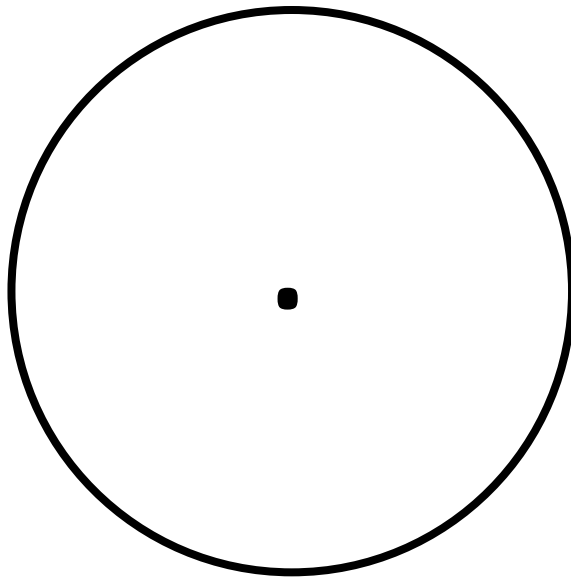
Activity Time-Out # 3

Problem Solving Game: to encourage participant to solve a problem through the use of creativity.

Time: 5- 10 minutes.

Material Needed: Flip Chart

Participants are provided with a visual drawing of a circle with a dot in the middle (as illustrated below). Then they are asked to produce such a figure *without lifting their pencils from the paper*:



Key: Fold a corner of the paper up to the middle. Place the pencil lead against the edge of the fold and create a dot adjacent to the fold (and in the middle of the original sheet) . then without lifting the pencil to break contact with the paper, drag the point across the folded corner a few inches and then begin to sweep around the dot to create a circle. As the pencil moves off the folded corner and into the regular paper surface, unfold it to make room for a complete circle to be drawn. Note that the pencil has remained in continuous contact with the paper.

After trainees completed this game ask them the following questions:

1. What prevented you from seeing the solution initially (e.g , Self definition that the problem is "Impossible"?)
2. What rule of creativity is involved in the solution (e.g Redefinition of the problem) ?
3. How could you use this creative principle in life?

Source: The Complete Games Trainers Play, J.W Newstrom

Activity Time-Out # 4

Deep Relaxation Exercise:

Time: 10 – 15 minutes.

1. Sit or lie down comfortably. Straighten your back; put your shoulders back to open your rib-cage.
2. Relax your shoulder muscles particularly. Relax your whole body, and empty your mind.
3. Close your eyes (obviously open them when you need to read the next stage).
4. Take ten deep, slow breaths. Breathe from the pit of your stomach and feel your lungs filling.
5. Focus on your breathing. Feel it getting deeper and slower. Feel yourself relaxing and any tension drifting away.
6. Relax your shoulders and neck again.
7. Visualize yourself being happy, succeeding, winning, being loved, laughing, and feeling good.
8. Relax your forehead, your mouth and your eyes.
9. Allow a gentle smile to appear on your face as you feel a calmness enter your mind.
10. Then say (out loud ideally) the words below (a script for personal change) to yourself: "Everyday in every way my mental capacity to control my behavior grows..." Repeat that sentence for 5 times.

Activity Time- Out # 5

Anger-Log Exercise:

Time: 20 Minutes

Get started on your action plan for anger management and fill out the Following:

<u>What / who makes you angry?</u>	<u>Unhelpful Thoughts</u>	<u>Feelings</u>	<u>Alternative action to reverse anger</u>	<u>Alternative thoughts</u>	<u>Desired alternative feelings</u>
