Anger Management Activities for Groups

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Anger management activities for groups can help people understand what makes them angry and how to deal with these emotions before they become out of control. There are many anger management activities for groups you can use. While not all activities will be suited for all groups, having a few to choose from will give you a better chance in finding what will be most effective.

Role-Playing

There are many benefits to role-playing, anger-inducing situations. All members can learn valuable anger management skills; watchers will see how they work and role players will learn how to use them and experience what it's like to control their emotions. In role-playing, a member of the group, who isn't in an angry position, slowly sees how his/her emotions change as someone starts pushing buttons. The good thing with this activity is that you can stop what is going on to evaluate what each person is doing and how he/she is feeling. Then each member can implement anger management techniques to see how to use them in social interactions. Finally, the members will then be able to see the results of the steps they took in controlling their anger.

Journaling and Reflecting

For some people, it's difficult to recreate a situation that makes them upset. This is how journaling can be a valuable tool in groups. Members keep a journal of situations that made them feel angry. They can write down what happened, how they felt, what they did and what the result was of their actions. The next time they come to group, each member can share an experience and reflect on what could have been done differently. This not only helps the person who shares his or her experience, it helps others see how they may act to similar situations.

Workbooks

Anger management workbooks work similarly to journaling but also adds information. Members can read lessons on how to deal with rage, then complete different activities that have to do with those lessons. At the next group meeting, members can share their answers and discuss what they thought about the lessons.

Brainstorming Solutions with Group Involvement

A great way to come up with anger management techniques is to present the group with a situation that may elicit intense emotions. Ask members to come up with ways to control their reactions to the situation. It also may be beneficial to discuss how not to

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