

ANGER MANAGEMENT

Noticing the Warning Signs

What we are working on at yeshiva this week

What this means

- Face feels hot
- Hands make fists
- Breathing gets fast
- Heart beats harder

The words we use — please use the same ones

“My body tells me first. I can notice it early..”

What helps at home

When he is calm, ask what his body does first when he gets angry. Do not ask during a hard moment.

You will know it is working when

- Face feels hot
- Hands make fists
- Breathing gets fast

You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.



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What Sets Me Off

What we are working on at yeshiva this week

What this means

- Being interrupted
- Losing a game
- Being told no
- Being teased

The words we use — please use the same ones

“If I know what sets me off, it does not catch me by surprise..”

What helps at home

Notice out loud what set it off afterwards, without blame. “That was a loud room.”

You will know it is working when

- Being interrupted
- Losing a game
- Being told no

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Cool-Down Tools

What we are working on at yeshiva this week

What this means

- Slow breathing — in for four, out for four
- Counting slowly to ten
- Walking away to a quiet spot
- Asking for a break

The words we use — please use the same ones

“Notice the sign. Pick one tool. Use it early..”

What helps at home

Agree one place at home he can go to cool down, and let him go there without asking.

You will know it is working when

- Slow breathing — in for four, out for four
- Counting slowly to ten
- Walking away to a quiet spot

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Using Words Instead

What we are working on at yeshiva this week

What this means

- “I don’t like it when —”
- “I’m angry because —”
- “Please stop —”
- “I need a break.”

The words we use — please use the same ones

“Say it with words. Say it once. Say it calmly..”

What helps at home

When he uses words instead of shouting, say so straight away, even if the words came out clumsy.

You will know it is working when

- “I don’t like it when —”
- “I’m angry because —”
- “Please stop —”

You do not need to teach a lesson

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Making It Right After

What we are working on at yeshiva this week

What this means

- 1. Wait until you are calm — do not repair at a 5
- 2. Say what you did — short and plain
- 3. Say what you will do next time

The words we use — please use the same ones

“Wait till calm. Say what I did. Say what I’ll do next time..”

What helps at home

After it is over and he is calm, help him put one thing right. Not an apology speech — one action.

You will know it is working when

- 1. Wait until you are calm — do not repair at a 5
- 2. Say what you did — short and plain
- 3. Say what you will do next time

You do not need to teach a lesson

Using the same words as yeshiva is the whole thing. Please do not explain more.

