



# How to Take the **GRRRR** Out of Anger



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## Introduction

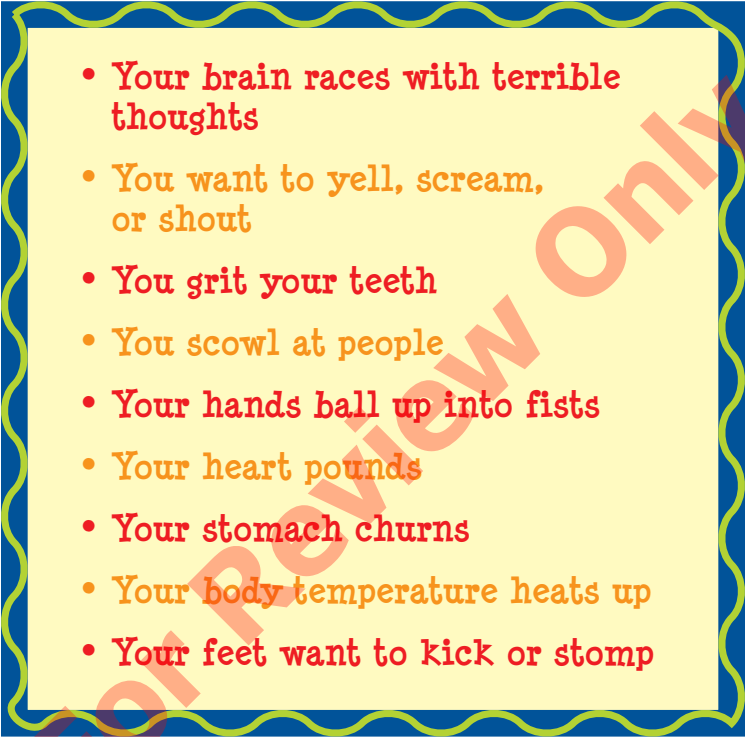
# Why You Need This Book

Everyone gets angry. There isn't one person on the planet who hasn't been angry before. Some people deal with their anger a lot better than others. And some can't seem to cope with their anger at all.

No matter who you are, anger can make you feel like a real monster.



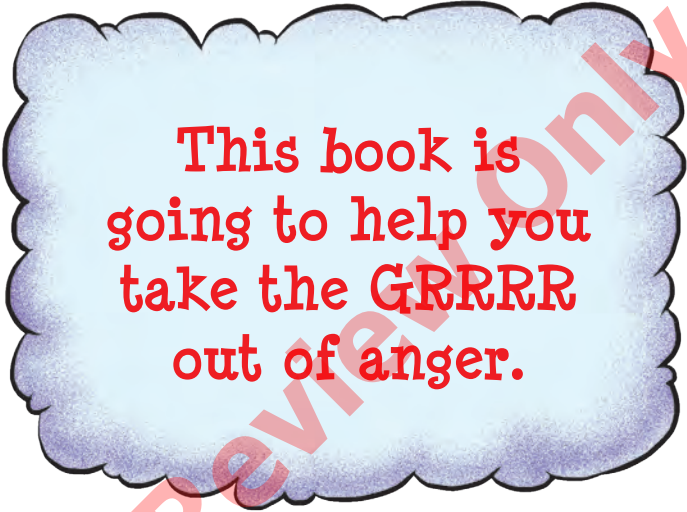
When you're angry, your mind and body may react in these "monstrous" ways:

- 
- **Your brain races with terrible thoughts**
  - **You want to yell, scream, or shout**
  - **You grit your teeth**
  - **You scowl at people**
  - **Your hands ball up into fists**
  - **Your heart pounds**
  - **Your stomach churns**
  - **Your body temperature heats up**
  - **Your feet want to kick or stomp**

There's some good news and bad news about anger. First the bad news (to get it out of the way): Anger can stay with you for a very, very, *very* long time. This may be hard to believe, but some of the adults you know and talk to every day are still angry about stuff that happened when they were kids. Because they never

dealt with their anger, it just stuck around like a bad smell. You probably don't want this to happen to you.

Now for the good news: You have the power to overpower your anger!



**This book is  
going to help you  
take the GRRRR  
out of anger.**

If you learn to handle your anger, you'll feel calmer and more peaceful. This can make it easier for you to get along at home, at school, and out in the world. Your family and friends will respect how well you handle your feelings. Best of all, you'll feel better about yourself. You'll be a stronger, healthier person—guaranteed.

## Chapter 1

# How It Feels to Be Angry

How do you know when you're angry? Some kids describe the feeling like this:

I just get  
so TENSE!

I want to  
take it out on  
somebody.

I want the  
world to get  
away from me.

My hands  
start  
to shake.

It's like my heart is  
beating out of control.

Everything  
inside  
me is jumpy,  
like it has to  
get out!

I just want to  
break something.

It feels like my  
stomach is tied up  
in knots.

I feel so mad  
that my head  
could explode.

If you were to make  
a sound while angry, it  
would probably be a

**grrrrrowl.**



Do you feel angry a lot of the time? What if you had a special thermometer that could read your anger level all day long? How high would the level go? How often would it reach the hot zones?

## The Rage Gauge

**Red HOT Anger (Look out!)** \_\_\_\_\_

**Tantrum Time** \_\_\_\_\_

**Ranting and Raving** \_\_\_\_\_

**Flat-Out Furious** \_\_\_\_\_

**Fussing and Fuming** \_\_\_\_\_

**A Total Grouch** \_\_\_\_\_

**Generally Grumpy** \_\_\_\_\_

**Somewhat Irritated** \_\_\_\_\_

**Mildly Annoyed** \_\_\_\_\_



Maybe you don't get angry very often. That's great! But you still might want to figure out ways to deal with anger when it happens. Check out pages 33–45, "Five Steps to Taming That Temper."

On the other hand, maybe you're one of those people who practically wakes up angry. Is your mood so bad it could clear a room?



Or maybe it seems like other people are always doing things that make you mad. Then you may find yourself thinking—or saying—some pretty nasty things.

## Like . . .

If your sister leaves the bedroom looking less than perfect:



## Or . . .

If somebody gets a better grade than you:



Or . . .

If your friend keeps interrupting when you're trying to talk:



Or . . .

If someone accidentally bumps into you on the way to class:



Sure, other people may sometimes try to make you mad on purpose. But often they're just being themselves, or kidding around, or making mistakes. They may not even know they're angering you.

How do you feel when you're thinking angry thoughts or saying angry words?

Chances are, you feel . . .



Did you know that even just making an angry face may make you feel mad? Scientists have done studies where people in one group were asked to think about a time when they were angry; in another group, the people were told to make an angry face (like a scowl). Guess what? Both groups showed the same anger response. The scientists knew this because they could measure the people's fast heartbeats and their rising body temperatures. Plus, the people said they just plain *felt* mad.

So . . .

an angry face,

angry thoughts,

and angry words

often lead to *more* angry feelings. It's that simple.

Is reading this making you mad? Do you want to know what to do right now to make the anger stop building inside you? Read Chapter 2 for some ideas.

