

# Chapter 3

## Lesson 8

### Be Connected / Be Emotional

**Theme: Managing Emotions**

#### **Lesson Objective:**

Students will demonstrate knowledge of interaction of behavior, emotions and thoughts. Students will state personal chain of anger and behavior to manage anger. (See matrix for Arizona Academic/Adult Standards).

#### **Steps to Follow:**

Quotation, see **Lesson 8 Background**.

#### **Manage Your Emotions, or They'll Manage You**

1. Review Chapter 2 litany. How does the litany connect to emotions?
2. How can emotions **help** decisions and clear thinking? And help with VGC?

#### **Quotation**

1. Discuss quotation. Give the definition of internal locus of control and external locus of control.
2. If you didn't have time to complete the leadership activities, Lesson 7, it's recommended that they be done now. Ask: From what you know of leaders, are they emotional? How do leaders channel their emotions?

#### **Manage Your Emotions**

1. Complete: *Attitudes and Values S1, An Attitude Inventory S2, Understanding Feelings S3*.
2. Write on the board, "How People Recognize They're Getting Emotional."
3. Ask : How do you recognize when you're getting emotional or how do people show their emotions, e.g. irritable, cry, physical changes, "short fuse," tense, agitated, sarcastic, talk fast, rigid thinking – refuses to see other side of story or other point of view, withdrawn, picks a fight. Brainstorm this on the board.
4. Reiterate: Thoughts affect emotions, emotions affect thoughts, emotions and thoughts affect behavior.

## Thoughts Emotions Behavior

1. Complete: *Thoughts* ↔ *Emotions* ↔ *Behavior* S4
2. Tell: For discussion we'll use anger as the example, but all that we say about anger is true for any emotion, if the emotion is so intense that it interferes with your ability to think clearly.
3. Look back at brainstorm, How People Recognize They're Getting Emotional. Have student make a list of 10 thoughts, emotions, behaviors that happen to him when he starts to get angry. Complete: *The Anger Survey* S5.
4. Student numbers which one he notices first, second, third, etc. This is your personal "chain of anger." Why is this helpful to know and notice?

## Strategies to Manage Emotions

1. Ask: What do people **do** to manage their anger? What is their behavior?
2. Brainstorm this on the board.
3. Have student pick 10 actions that he takes. Are they all appropriate behavior? (lead toward goal, support values, consequences comfortable living with) What new behaviors would you be willing to try? See **Lesson 8 Background**.
4. Complete: *Taking Charge* S6.

## Materials:

*Attitudes and Values* S1

*An Attitude Inventory* S2

*Understanding Feelings* S3

*Thoughts* ↔ *Emotions* ↔ *Behavior* S4

*The Anger Survey* S5

*Taking Charge* S6

## Evaluation:

Rubric

## Enrichment:

*Skillstreaming the Adolescent*

## ATTITUDES AND VALUES

S1

**What are values?** Values are principles and beliefs that are important to an individual.

**What are attitudes?** Attitudes are a way of acting, feeling and thinking that show your values. Your attitudes and values will affect what you do, what you say, how you act, where you work, and how happy you are. It is important to understand your values and attitudes so you will know what you want out of life and how to get it.

**Exploring your feelings is an important step in understanding your values and attitudes.**

You have probably heard people say, "You make me so mad!" or "You hurt my feelings." Most people have said this at some time in their lives, but it isn't true.

The other person cannot make you angry. You feel angry because you have reacted and decided to feel angry.

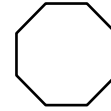
It may not feel like a decision. You may not feel like you have control over your emotions, but you do. The feelings are yours. They are based on your personal attitudes and values. You can manage your emotions. (Besides, if you're not in charge of your emotions, who is? Do you really want to give that power away?)

But it's not easy many times, and sometimes getting help from your support system is necessary.

## AN ATTITUDE INVENTORY

S2

The purpose of this activity is to help you evaluate your own attitude toward other people and situations to see if you need to change your attitude. How can this awareness of your attitude be helpful to you?



One example: the main reason workers quit or get fired from their jobs is, they don't get along well with others. In other words, they have a negative attitude. To see if you know your own attitude, complete this assessment.

In the blank to the left of each statement below, write the number of what you believe is the most accurate answer according to the following scale:

**5 = positively yes; 4 = mostly yes; 3 = undecided; 2 = mostly no;  
1 = positively no**

After you have answered all the questions total your score, then rate your attitude according to the scale on the next page.

- \_\_\_\_\_ 1. Do you make new friends easily?
- \_\_\_\_\_ 2. Do you try hard not to be a complainer?
- \_\_\_\_\_ 3. Are you careful never to interrupt when another person is speaking?
- \_\_\_\_\_ 4. Can you be optimistic when others around you are depressed?
- \_\_\_\_\_ 5. Do you try not to boast or brag?
- \_\_\_\_\_ 6. Do you control your temper?
- \_\_\_\_\_ 7. Are you genuinely interested in the other person's point of view?
- \_\_\_\_\_ 8. Do you speak well of your employer?
- \_\_\_\_\_ 9. Do you keep the same friends for years?
- \_\_\_\_\_ 10. Do you feel well most of the time?
- \_\_\_\_\_ 11. Do you refrain from using language that could be offensive to others?
- \_\_\_\_\_ 12. Do you keep promises?
- \_\_\_\_\_ 13. Are you at ease with the opposite sex?
- \_\_\_\_\_ 14. Do you try to be helpful to others?
- \_\_\_\_\_ 15. Do you organize your work and keep up with it?

## AN ATTITUDE INVENTORY (Page 2)

S2

- \_\_\_\_\_ 16. Do you get along well with your parents?
- \_\_\_\_\_ 17. Do you readily admit your mistakes?
- \_\_\_\_\_ 18. Can you be a leader without being bossy?
- \_\_\_\_\_ 19. Is it easy for you to like nearly everyone?
- \_\_\_\_\_ 20. Can you stick to a tiresome task without being constantly urged along?
- \_\_\_\_\_ 21. Do you realize your weaknesses and attempt to correct them?
- \_\_\_\_\_ 22. Can you take being teased?
- \_\_\_\_\_ 23. Do you avoid feeling sorry for yourself?
- \_\_\_\_\_ 24. Are you courteous to your fellow workers?
- \_\_\_\_\_ 25. Are you usually well-groomed and neatly dressed?
- \_\_\_\_\_ 26. Are you a gracious loser?
- \_\_\_\_\_ 27. Do you enjoy a joke even when it is on you?
- \_\_\_\_\_ 28. Do you like children?
- \_\_\_\_\_ 29. Do you keep your own room in good order?
- \_\_\_\_\_ 30. Are you aware of the rules of etiquette?
- \_\_\_\_\_ 31. Are you tolerant of other people's beliefs?
- \_\_\_\_\_ 32. Do you respect the opinions of your parents?
- \_\_\_\_\_ 33. Do you know how to make introductions easily and correctly?
- \_\_\_\_\_ 34. Do you avoid sulking when things do not go as you would like?
- \_\_\_\_\_ 35. Are you an active listener?
- \_\_\_\_\_ 36. Do you like to attend parties?
- \_\_\_\_\_ 37. Are you the kind of friend you expect others to be?
- \_\_\_\_\_ 38. Do you accept compliments or gifts graciously?
- \_\_\_\_\_ 39. Can you disagree without being disagreeable?

## AN ATTITUDE INVENTORY (Page 3)

S2

- \_\_\_\_\_ 40. Do you like to give parties?
- \_\_\_\_\_ 41. Can you speak before a group without feeling self-conscious?
- \_\_\_\_\_ 42. Are you usually on time for social engagements?
- \_\_\_\_\_ 43. Do you drive carefully?
- \_\_\_\_\_ 44. Do you generally speak well of other people?
- \_\_\_\_\_ 45. Do you smile easily?
- \_\_\_\_\_ 46. Can you take criticism without being resentful or feeling hurt?
- \_\_\_\_\_ 47. Are you careful to pay back all loans, however small?
- \_\_\_\_\_ 48. Does your voice usually sound cheerful?
- \_\_\_\_\_ 49. Can you work well with those you dislike?
- \_\_\_\_\_ 50. Do you contribute to the conversation at the family dinner table?
- \_\_\_\_\_ 51. Do you try as hard to get along well with your family as with friends?
- \_\_\_\_\_ 52. Do you like people who are much older than you?
- \_\_\_\_\_ 53. Are you pleasant to others even when you feel displeased about something?
- \_\_\_\_\_ 54. Do you show enthusiasm for the interests of others?
- \_\_\_\_\_ 55. Are you free from prejudices?

### *Rating Your Attitude*

- 250-275    You're too good to be true!
- 200-249    Your attitude toward others is very good
- 150-199    Your attitude needs improvement

Below 150 it's in your best interest for you to study your attitude and how others see you. Then you can work toward improving your attitude skills.

## UNDERSTANDING FEELINGS

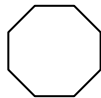
S3

Since you've been practicing Self-awareness through the *M2W* curriculum, you probably know some situations that link with certain feelings.

As another Self-awareness exercise, complete each of the following phrases.

- I feel angry when \_\_\_\_\_
- I am excited about \_\_\_\_\_
- I am afraid of \_\_\_\_\_
- I feel guilty about \_\_\_\_\_
- I feel liked by \_\_\_\_\_
- I worry about \_\_\_\_\_
- I feel happy when \_\_\_\_\_
- I get depressed when \_\_\_\_\_
- I feel relaxed when \_\_\_\_\_
- I feel proud of \_\_\_\_\_

**Think About it:**



Choose three of the statements above and answer the following questions.

Have you always felt this way in these situations?

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What experiences and people have influenced your feelings.

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What if everyone felt the same way you do?

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# THOUGHTS ↔ EMOTIONS ↔ BEHAVIOR (Page 2) S4

## #1 You're in class at school.

Write your thoughts.

These thoughts cause what emotions? Write your emotions.

How might you behave if these were your thoughts and emotions?

<i>thoughts</i> ↔	emotions

## #2 You're a sales person working on commission. Your client comes in angry.

Write your thoughts.

These thoughts cause what emotion? Write the emotions.

These thoughts and emotions cause what behavior? Write your behavior

Thoughts ↔	Emotions ↔	Behavior

**THOUGHTS ↔ EMOTIONS ↔ BEHAVIOR (Page 3) S4**

**#3 You're boyfriend or girlfriend cheated on you.**

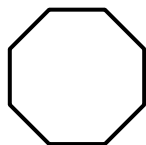
Write your emotions.

These emotions cause what thoughts? Write your thoughts.

These thoughts and emotions cause you to do what? Write your behavior.

<b>Emotions</b> ↔	<b>Thoughts</b> ↔	<b>Behavior</b>

**THOUGHTS**    $\longleftrightarrow$    **EMOTIONS**    $\longleftrightarrow$    **BEHAVIOR**   page 3  
(Chapter 3, Lesson 8)   S4



### Think About It

1. Thoughts and emotions affect each other. Thoughts and emotions affect behavior. How does behavior affect your thoughts and feelings? Name a time when your behavior caused you good thoughts and feelings. Caused you bad thoughts and feelings.
2. When is it in your best interest to manage your thoughts, feelings and behavior? If you don't manage them, who will?

## THE ANGER SURVEY

S5

Directions: For each of the statements numbered 1 through 8, decide if you think they are true

(T) or false (F).

In question number 9, circle the symptoms of anger that you experience.

Discuss your answers with the group

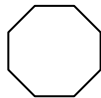
1. \_\_\_ I allow certain people to make me angry more often than others.
2. \_\_\_ My skills for dealing with anger and frustration were learned in childhood.
3. \_\_\_ Anger or frustration are really expressions of unmet needs.
4. \_\_\_ I think I am the only one who feels this way. Nobody understands my situation and how I feel.
5. \_\_\_ I place more importance on other people's feelings than my own.
6. \_\_\_ Sometimes I deny my own feelings.
7. \_\_\_ I usually feel angry or frustrated when I feel I am not in control of the situation.
8. \_\_\_ People respond to anger differently.
9. Circle the symptoms listed below that you usually experience when you are angry or frustrated.

tense muscles  
frowning  
grinding of teeth  
glaring  
making a fist

crossing arms  
red in the face  
loss of color  
goose bumps  
chills

numbness  
choking  
twitching  
sweating  
loss of self-control

### Think About It



1. List 6 more symptoms. See **Lesson 8 Background**
2. Rank the symptoms in the order in which they occur:  
1=the symptom you experience first  
2=the symptom you notice next, and so on.
3. This is your Personal Chain of Anger.  
Are there other symptoms you feel inside or outside your body?  
Why is it helpful to you to know your Chain of Anger? Think about your VGC.

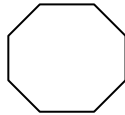
## TAKING CHARGE

S6

As a group, list ways of changing or reducing negative feelings, thoughts, behavior.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

**Think About it:**



What is the relationship between negative feelings and physical and emotional health?

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Do other family members respond the same way you do to difficult situations? Do you think this is caused by heredity or environment?

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What do you think the relationship is between feelings and attitude?

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