

**Facilitator's Guide -**

**Managing Caregiver Anger • Module 2 • Session 3**

1. Print the Facilitator's Instructions and handouts for attendees

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2. Play Video: "Intro to Managing Anger"

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3. Play Video: "Madelyn Gets Mad!"

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4. Invite discussion and ask open-ended questions

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5. Play Video: "Managing Caregiver Anger"

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6. Ask attendees to complete Journal/Worksheet #10 (Awareness and Acceptance)

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7. Lead discussion by asking open-ended questions

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8. Review suggested Action Steps

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9. Ask attendees to complete Journal/Worksheet page 11 (Action)

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10. Lead discussion by asking open-ended questions

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11. Review and discuss Affirmation/Action Step

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12. Invite discussion

# Facilitator's Guide - Managing Caregiver Anger • Module 2 • Session 3

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## Anger - Session 3 Goal:

The purpose of this session is to help your attendees accept the fact that Caregiver Anger is inevitable and also very complicated. Creating a personalized action plan will help them understand their feelings, establish safe outlets for anger, and reduce their emotional stress.

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### Facilitator Tip:

#### Leading the discussion about the video “Madelyn Gets Mad”

When you have finished watching the video, lead the discussion by asking your attendees open-ended questions:

#### Open-ended Questions

- Did anyone here identify with Madelyn?
- How did you feel about her after hearing the story of her angry outburst toward Quentin?
- How much influence do you think fatigue, fear, and frustration may have had on her anger?
- If anyone has had a similar experience with getting angry at your care receiver, would you like to share it now?
- How do you feel about the statement, “Getting angry doesn’t make you a bad person?”
- Would anyone be willing to share how you feel about yourself when you lose it?

#### Creative Indifference toward Anger

#### Completing Steps 1 & 2: Awareness and Acceptance

Ask your attendees to refer back to Journal/Worksheet #3 and review the first list they made in which they identified the people, situations and events that were making them angry. Ask them to update that list and complete Journal/Worksheet #10. Invite discussion when they’re finished writing.

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## Facilitator Tip:

### Leading the discussion about the video “Managing Caregiver Anger”

When you've finished watching the video, ask your attendees to refer to the suggested Action steps on Journal/Worksheet #11. Review the statements and follow up with asking open-ended questions:

### Suggested Action Steps (from Journal/Worksheet #11)

- I will list the situations over which I have no control, and I will let go of the responsibility of fixing and/or changing them
- Instead of engaging or reacting to another person's bad behavior, I will (Fill in the blank.)
- I will be willing to risk someone else's anger by honestly and openly standing up for my own needs. I will use phrases like:

- \_\_\_\_\_ This makes me feel very angry
- \_\_\_\_\_ It's not okay for you to talk to me like that
- \_\_\_\_\_ I'm upset with you right now, and I need to take a break
- \_\_\_\_\_ I can't do that
- \_\_\_\_\_ I'm not willing to do that
- \_\_\_\_\_ I won't do that
- \_\_\_\_\_ I am angry with you (or this situation) because

- I will take action steps to manage my anger by getting involved in:
  - Exercise Program
  - Support Group
  - Respite Care
  - Hobby/Interest/Activity

### Open-ended Questions

- Would anyone like to discuss what you think would happen if you admitted you have no control over a particular situation?

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## Open-ended Questions, cont'd.

- If you decided you did not have the power to control another person's behavior, and you just let go of your emotional attachment to that person's actions or reactions, what do you think might happen?
- Can anyone address how it would feel to change the way you respond to someone who uses anger to control you?
- Would anyone like to talk about what you think might change or happen if you decided it was okay for someone else to be angry with you?
- Does anyone have a thought on what it would feel like to find a safe place and way to express your anger?

Allow plenty of time for discussion.

## Creative Indifference toward Anger

### Completing Step 3: Action

After the group discussion, ask your attendees to complete the third step of Creative Indifference by completing Journal/Worksheet #11 and writing down the Action Steps they are willing to take. When they're finished writing, ask if anyone is willing to share the steps they have committed to doing and how they think they will benefit if they follow through with their intentions. Ask if anyone wants to share additional ideas or solutions that could be beneficial to other caregivers.

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## Discuss Affirmation/Action Step:

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I refuse to give any person, event, and situation the power to upset me

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# Caregiver Help.com

## ***Module 2 : Session 3 : Printed Instructions “Managing Anger” PDF***

**1**

### ***Watch Intro Video***

Managing Anger, Module 2, Session 3

**2**

### ***Download and Print this PDF***

**3**

### ***Watch Video***

“Madelyn Gets Mad”

**4**

### ***Watch Video***

“Managing Caregiver Anger”, Complete Journal Worksheets

**5**

### ***Read Action Step***

**6**

### ***Finish Button***

# Managing Anger

1. Evaluate the list of people, situations, and events with which you are angry
2. Examine how fatigue, fear, and frustration are contributing to your feelings
3. Apply the principals of Creative Indifference to each situation

I am **AWARE** that I am angry with \_\_\_\_\_ because \_\_\_\_\_

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I understand that experiencing negative emotions doesn't make me a bad person. I also **ACCEPT** that the following conditions & circumstances are contributing to my anger:

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**I will take Action to manage my **Anger**  
by implementing one or more of the following strategies:**

I will list the situations over which I have no control, and I will let go of the responsibility of fixing and/or changing \_\_\_\_\_

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Instead of engaging or reacting to another person's upsetting behavior, I will respond by \_\_\_\_\_

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I will be willing to risk \_\_\_\_\_'s anger by honestly and openly standing up for my own needs. I will use phrases like:

- \_\_\_\_\_ **This makes me feel very angry**
- \_\_\_\_\_ **It's not okay for you to talk to me like that**
- \_\_\_\_\_ **I'm upset with you right now, and I need to take a break**
- \_\_\_\_\_ **I can't do that (or) I won't do that**
- \_\_\_\_\_ **I am angry with you (or this situation) because**

I will find a safe place to express (expel) my anger by getting involved in:

- Exercise \_\_\_\_\_
  - Support Group \_\_\_\_\_
  - Respite Care \_\_\_\_\_
  - Hobby/Interest/Activity \_\_\_\_\_
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