

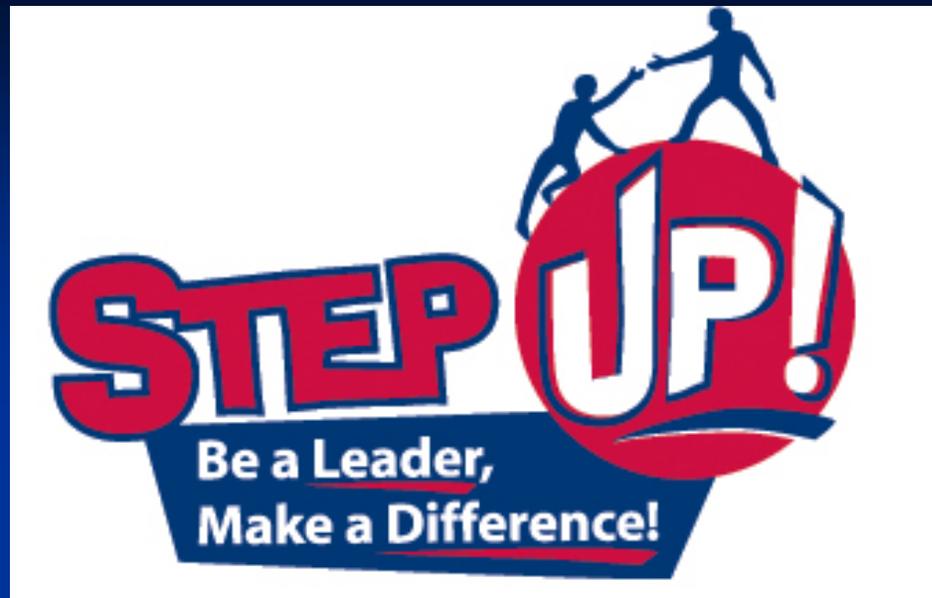


A Prosocial Behavior/Bystander Intervention Program for Students



Developed By:
The University of Arizona
C.A.T.S. Life Skills Program
In Partnership with the NCAA





**STEP UP! to:
Anger and Aggression**

Before we begin, please read the following:

This presentation is meant to generate thought and promote discussion. We recognize and appreciate that these topics contain sensitive material. Many of you may have had personal experience with this issue. Dialogue may occur that causes an emotional reaction. It is important that the emotional reaction doesn't impact the learning process. Therefore, if you need to leave the room for something other than a reaction to what is being discussed, please give a cue to the instructor or let a person next to you know that everything is "ok." Also, please be respectful that someone in the room may have a reaction to what is being said.

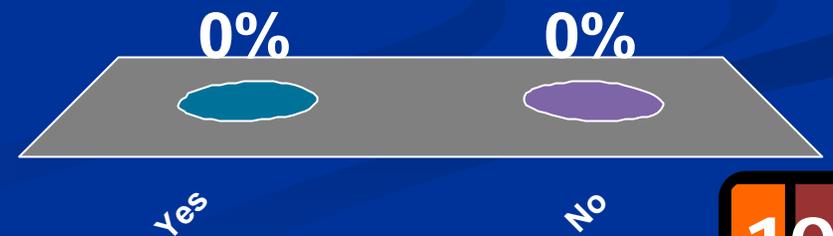
Discussion Questions

1. **Can anger be a good thing? When, how?**
2. **Do some people look for a fight? Do you think student-athletes are targeted sometimes. Why?**
3. **What factor does ego play in fights?**



Do you know someone with anger issues?

1. Yes
2. No



Anyone can become angry – that is easy. But to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way - this is not easy.”

Aristotle

UNDERSTANDING ANGER



Anger

- Stems from breaking of a personal rule by self or other
- Is an **overreaction** to a justified wrong - Ray DiGiuseppe, Ph.D.

What is anger?

- **Self talk**
- **Images**
- **Sensations**
- **Patterns of expression**

What causes it?

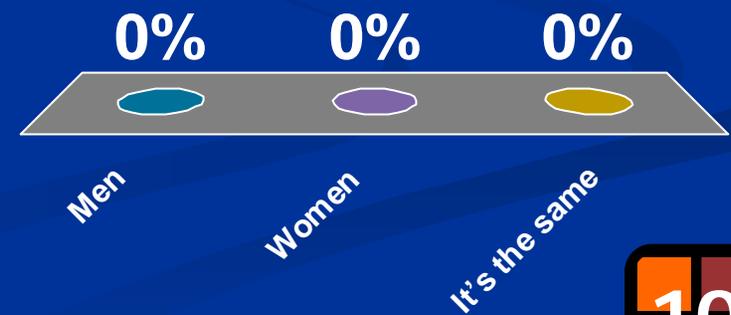
- **Learning**
 - **Habits**
 - **How has it worked for you in the past?**
- **Thinking**
- **Human nature**

Acting Angry ≠ Being Angry

- Sometimes, it is more acceptable to express anger instead of other emotions. Why?
- People may act angry when they may actually feel:
 - Stress
 - Overwhelmed
 - Anxiety
 - Disappointment
 - Shame/Embarrassment
 - Insecurity
 - Resentment
 - Hurt

Do men or women get more angry?

1. Men
2. Women
3. It's the same



There have been times when I could have intervened in a heated situation but I didn't.

1. True

2. False



If you answered true, why didn't you intervene?

Click all that apply

1. Was none of my business
2. Felt it would be unsafe
3. Didn't know what to do
4. I was angry as well
5. I didn't care
6. Didn't consider possible consequences
7. Other



Components

- **Cognitive**
- **Emotional**
- **Behavioral**

Anger Episode Analysis



VIDEO



www.youtube.com/watch?v=PNSXleiYnw0

Triggers

- **Negative behaviors of others – disrespected, ignored, rejected**
- **Anger at own behavior**
- **Extreme circumstances**
- **Memories of past**

Trigger Strategies

- **Recognize Stress/Escalating emotions**
- **Avoid and Escape**
 - **Planned Avoidance**
 - **Avoidance by delays**
 - **Indirect responses**



Evaluations

Thoughts, judgments, appraisals

- **“Awfulizing”**
- **Low frustration tolerance**
- **Imposing Demands**
- **Other rating**
- **Self rating**
- **Distortion/Misinterpretation**

Evaluation Strategies



- **Change the way you think**
 - **Perspective Taking**
 - **Remove Ego**
 - **Consider all the reasons for the situation**
 - **Employ Empathy**
 - **Know the difference between attaining a goal and winning the argument**

Evaluation Strategies cont.



- **Look for middle ground**
 - **Adjust expectations**
 - **Learn acceptance**
- **Retreat and think things over**
- **Forgive but don't forget**

Personal Experiences

- **Intensity**
- **Duration**
- **Sensations in body**

Experiences Strategies

- **Learn to Relax – reset body**
- **Expose yourself to your triggers and learn to react less**



Expressive Patterns

- Hold anger in
- Express it verbally, physically or with gestures
- Displaced anger
- Avoidance
- Substance abuse
- Try to resolve situation

Expressive Patterns Strategies



- Respond rather than react
- Stay calm
- Agree with rationale but challenge the action
- Consider Alternatives; Find New Solutions
- Communicate assertively

Assertive vs. Aggressive

- ***Assertive*** – Making clear what your needs are, and how to meet them without hurting others. Being respectful of self and others.
- ***Aggressive*** – being demanding, pushy, or disrespectful of or harming self or others.

People prone to aggression often:

- **Are too ego-driven**
- **Are quick to anger**
- **Misinterpret the intent or motives of others**
- **Are unable to see alternative rationales**
- **Are openly and frequently defiant**
- **Are poor in perspective taking**
- **Plot revenge**

People prone to aggression often:

- **Get sucked in – don't look for "exits"**
- **Have difficulty seeing "no" as an answer**
- **Think rules don't apply**
- **React impulsively**
- **Are displacing their anger**
- **Are self righteous/condemn others**

Ambivalence

**Simultaneously wanting to change
and not wanting to change**



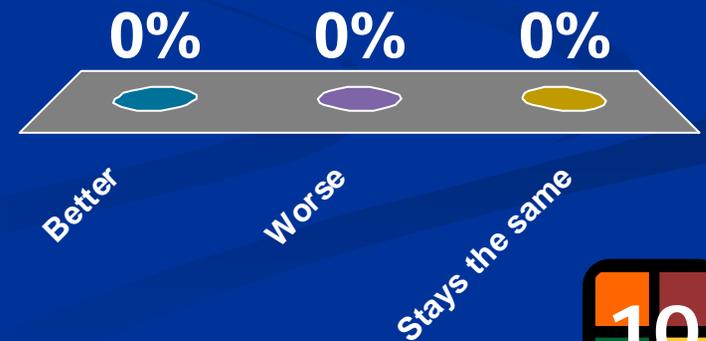
Qualitative vs. quantitative

Based on the level of anger,
how productive is it?



In general do situations get better or worse when someone is angry?

1. Better
2. Worse
3. Stays the same



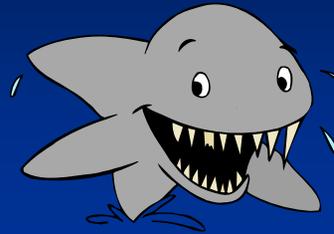
Focus on **S.E.E.**



- **SAFE** Responding
- **EARLY** Intervention
- **EFFECTIVE** Helping
- Remember the Law of Delivery

Know Appropriate Intervention Style

■ **Shark – RARELY**



■ **Fox**



■ **Owl**



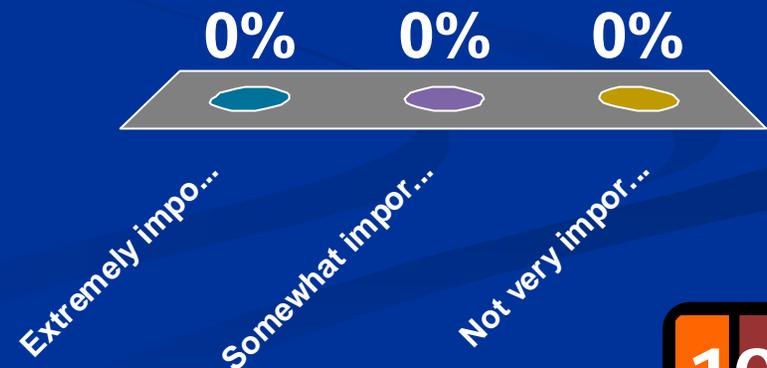
As a bystander, remember the 3D's

- Diffuse
- Distract
- Depart



How important is it for you or your teammates to control anger?

1. Extremely important
2. Somewhat important
3. Not very important at all.



Things happen fast

...Or do they?

VIDEO



www.youtube.com/watch?v=w9kgG7gS3_M

Stop, Think, Assess



THE

BIG



MISTAKE

Make Value Based Decisions

Is it Worth It?



Consequential Thinking

- If I choose to _____

Time

In 5 minutes

In 1 hour

In 3 hours

In 6 hours

In 1 day

In 1 week

In 1 month

In 1 year

Benefits

Drawbacks

Consequential Thinking

- If I choose **NOT** to _____

Time

In 5 minutes

In 1 hour

In 3 hours

In 6 hours

In 1 day

In 1 week

In 1 month

In 1 year

Benefits

Drawbacks

SUMMARY:

- **RECOGNIZE** emotions building up
- **CHALLENGE** unhelpful thoughts
- **DECIDE** what will be best for you in the long run
- **EXIT** temporarily from the situation
- **CONTROL** your responses



Group Work

Think of a situation that triggered an angry response in someone you were with?

- 1. What were the warning signs?**
- 2. On a scale of 1-10 rate the intensity of the person's anger?**
- 3. What was your responsibility in the situation? What were you thinking?**
- 4. List things you could have done to help.**
- 5. If you had it to do over again, what would you do?**
- 6. Did it really matter – WAS IT WORTH IT?**
- 7. What would the wisest person you know choose to do in this situation? What advice would you give?**

Scenario - What Would You Do?



www.youtube.com/watch?v=UvEobeNfGcc

Scenario

You and a few teammates are at a party when someone begins insulting you (for being athletes, for a team's performance, etc.) Despite everyone's best effort to ignore these obnoxious comments, you can see one of your teammates is becoming more and more irritated. He has a history of losing his temper. What do you do?

Scenario

A teammate of yours gets elbowed during a game by an opponent. She retaliates by pushing the person who elbowed her. The ref only sees the second foul and ejects your teammate. You hear another teammate say to the person – “Don’t worry – we’ll take care of them.” You know the intent is “pay back”. What do you do?

Scenario

You and some friends are at a party and a guy who is clearly intoxicated makes an inappropriate comment to a female friend of yours who is standing nearby. One of the people you are with gets into a verbal argument with the guy who made the comment and emotions start to escalate rapidly. What do you do?

Scenario

A teammate of yours was berated and embarrassed by your coach in practice in front of the entire team. That night he arrives at a party and appears to be looking for a fight. What do you do?

DO SOMETHING! STEP UP!



www.stepupprogram.org