

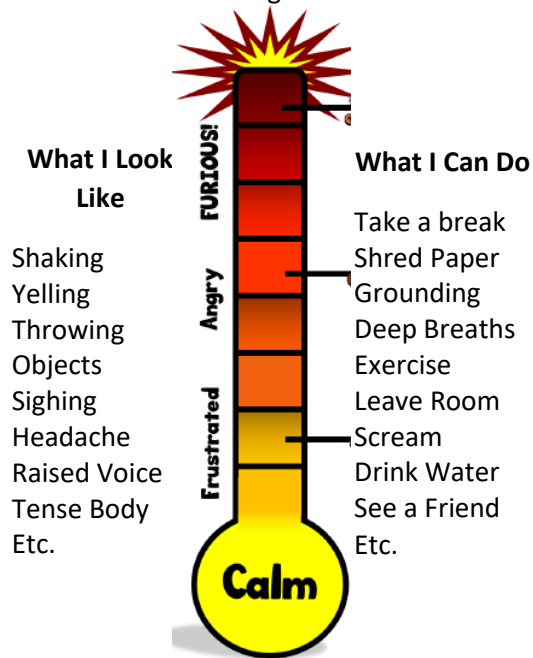
Anger Thermometer

The Anger Thermometer can help you place what you are feeling in a visual. And identify things that can help you to calm down.

Start off by numbering your thermometer or scale from 1-10.

On one side of the thermometer write what is happening to your body on each number point.

On the other side you can write all the things you do to calm down when you reach that level of anger.



Support from The Gatehouse:

After your intake appointment the programs available to you are:

- Phase 1 Program
- Weekly Co-ed Drop-in
- Partners Support 1-day workshop (attended with your partner)

Please note that the programs offered at The Gatehouse are peer-support based and not counselling. For more information and to register call (416) 255-5900.

Emergency / Crisis Resources:

If you are in crisis and need of



immediate support call 911. You may also request a Mobile Crisis Intervention Team, in this case a mental health nurse will accompany the officer.

Toronto Distress Centre: (416) 408-4357

Gerstein Crisis Centre: (416) 929-5200

Assaulted Women's Helpline:

(416) 863-0511

Spectra Helpline: (416) 920-0497

Spectra (Brampton/Mississauga):

(905) 459-7777

York Region Crisis Line: 1 (855) 310-2673

Rape Crisis Centre Toronto: (416)-597-8808

CMHA-Peel-Mobile Crisis: (905)-278-9306

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The following information is solely meant to provide general information about anger. It does not substitute the information from a person's healthcare provider. It is recommended for individuals to contact a qualified medical/mental health professional for additional information surrounding their unique situation.

Childhood Sexual Abuse and Understanding Anger



Anger is an emotion that is neither right nor wrong, it is a reaction and considered a secondary emotion that follows other emotions (shame, guilt, shock, fear) **How people respond to anger is the biggest determining influence on the outcome.** Past anger is residual. It is reservoir of unresolved issues. Present anger is reactive. Reactive anger mixed with residual is a good recipe for overreacting.

Anger triggers is anything that initiates angry emotions within you. It may be helpful to you to identify things that “push your buttons,” to gain an understanding of why you feel the way you do.

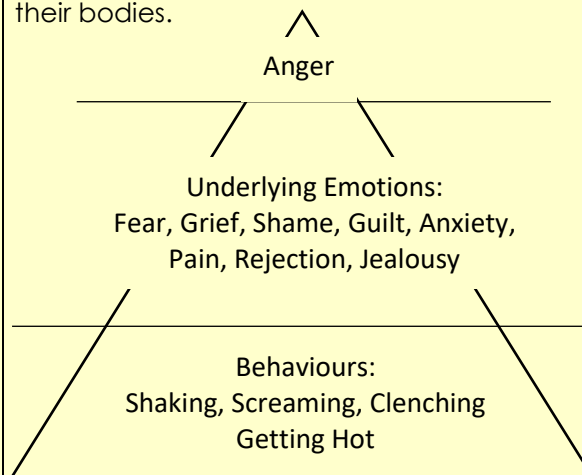
Anger and how it relates to Childhood Sexual Assault

Survivors can sometimes feel that they give more than they should and anger can assist them to reset their boundaries. As a child if you are not exposed to healthy role models you can develop unhealthy ways to express your anger. Some people may learn that anger is overly aggressive or that it is over passive. At the end of the day how a survivor responds to anger is their choice, and they are responsible for the outcomes of that choice.



Anger Iceberg

The purpose of the exercise is to help people to identify all of the ways in which anger is experienced and expressed including how people identify anger in their bodies.



Self-Care

- Regular Exercise and Sleep
- Plan “Difficult” Conversations
- Focus on Solutions not Problems
- Express Yourself/ Humor
- Mindfulness and Breathing Exercises
- Recognize your Triggers

Anger Journaling

Keeping a daily anger journal can allow you to become familiar with how anger exists in your life, Take notes with these four questions in mind: What am I angry at? Give the anger a number of intensity from 1-10. What are the trigger thoughts, what is behind the anger? And where in your body do you feel the anger?

Four Steps to Releasing Anger

1. Acknowledge the feelings and emotions to anger (sadness, fear, humiliation).
2. Identify the feelings connected to your anger.
3. Choose to make a rational decision about how much energy you are willing to expend dealing with this situation.
4. Take Steps to release tension. Honor your feelings and emotions by processing them in a healthy way. Some people release anger verbally while other prefer non-verbal methods. Feelings of resentment are an indication that you may be suppressing too much. Knowing when to express, when not to express, how to express and to what degree is not an easy task.

*Anger is a great force.
If you control it, it can
be transmuted into a
power which can move
the whole world.
-William Shenstone*

SkillsYouNeed. (2017). Anger Management. Retrieved from <https://www.skillsyouneed.com/ps/anger-management.html>
The Gatehouse. (2018). Phase 1 Program Participants Package: Women's Group. Retrieved from <http://thegatehouse.org/participant-workbooks-phase-one/>