



All of the service of Hashem is dependent upon the improvement of one's character traits.

Vilna Gaon - Even Shleima, Chapter 1

Anger Management for Positive Results Module Packet 2

מענה רך ישיב חמה, ודבר עצב יעלה אף.

***A soft answer turns away wrath (intense inner anger), but a distressing word
stirs up anger (superficial rage).***

Mishlei (Proverbs), Chapter 15, Verse 1

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Use of Material

The material in this *ACTT Module Packet* is intended for the use of the ACTT organization’s members and any other individuals interested in creating and sustaining meaningful changes in their lives. If an organization is interested in using this material, the ACTT organization would appreciate your contacting us. Thank you.

Version 2007-06-25

ACTT Anger Management for Positive Results Module – Packet 2

Goal of Anger Management for Positive Results 2 Module

- To continue to develop an awareness of what causes anger and strategies to control it.
- To continue to develop an understanding of anger as a *teacher*, learning both about our passions and our ability to cope with adversity and frustration.

Module Duration

This module is part 2 of the 2 part *Anger Management for Positive Results* series and will last for 10 weeks.

To Do List

- If you are not yet a member of the ACTT Organization, fill out a membership application and submit it – see Membership page of www.actt613.org or ACTT Welcome Kit
- Fill out the “ACTT *Anger Management for Positive Results 2* Commitment Form”, keep a copy for yourself and submit a copy to the organization – see Module page of www.actt613.org or this Module Packet’s Appendix
- On a daily basis:
 - Follow the Learning Schedule and record your *Anger Management for Positive Results* activity/action in your “ACTT *Anger Management for Positive Results 2* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
 - Record your maintenance activity/action (from the *Ahavas Chesed, Judging Favorably, Kavanah During Davening, Shmiras HaLashon, and Hakaras HaTov* modules) in your “ACTT *Anger Management for Positive Results 2* Activity Log” in this Module Packet’s Appendix – the *ACTT Activity/Action Ideas* has suggestions
- Participate in the chizuk activities, as desired:
 - ACTT *Anger Management for Positive Results 2* kickoff event and face-to-face discussion group meetings
 - ACTT online discussion group and e-mail list
 - Read inspirational material from sources recommended by the ACTT organization and also distributed by the ACTT organization
 - Recommend inspirational material to the ACTT membership and submit inspirational material to be distributed to all the ACTT members

***Anger Management for Positive Results* Resources**

The following are some resources for learning about *Anger Management for Positive Results*:

- *Anger: The Inner Teacher - A nine-step program to free yourself from anger* by Rabbi Zelig Pliskin; Artscroll/Mesorah; ISBN: 1-57819-175-0

- Guard your Anger by Rabbi Moshe Goldberger; Targum Press/Feldheim; ISBN: 1-56871-183-2
- The Trail to Tranquility by Rabbi Lazer Brody; Llumina Press; ISBN: 1-59526-108-7

Nine Torah reframes to decrease anger

The following is reproduced with the permission of ArtScroll / Mesorah, New York, from pages 152-172 of Anger: The Inner Teacher - A nine-step program to free yourself from anger by Rabbi Zelig Pliskin; ISBN: 1-57819-175-0 (see the source book text for the detailed discussion of each reframe):

The following Torah reframes can elevate us, bringing us closer to the Torah view of reality, thereby diminishing anger and increasing happiness. Just thinking of a reframe will not necessarily change the emotional reaction. It must be experienced as reality. Asking the companion REFRAME QUESTIONS throughout each day will make the Torah reframe just as emotionally real as the original perception. Practice asking yourself these reframe questions until they become automatic.

Torah Reframe One: “All that the A-mighty causes to happen is for the good.”

- Reframe Question One: “What is good about what is happening?”

Torah Reframe Two: “The reward is according to the pain involved” (Pirkei Avos, ch. 5, last Mishnah).

- Reframe Question Two: “How am I gaining merit from this?”

Torah Reframe Three: “This is an opportunity to improve my *midos*, character traits.”

- Reframe Question Three: “What traits or qualities can I improve thanks to this experience? What can I learn from this experience?”

Torah Reframe Four: “This is just a test.”

- Reframe Question Four: “What would an expert reframe be able to say about this?”

Torah Reframe Five: “This is a *kapparah*, an atonement.”

- Reframe Question Five: “How would I feel now if I realize this is a *kapparah*?”

Torah Reframe Six: “Love your neighbor as yourself” (Vayikra 19:18).

- Reframe Question Six: “What positive qualities does this person have that I can appreciate?” or, “In what ways am I grateful to this person for what he has done for me in the past?”

Torah Reframe Seven: “Judge other people favorably” (Vayikra 19:15).

- Reframe Question Seven: “How can I judge this person favorably and look at his behavior in a way that will free me from blaming him?”

Torah Reframe Eight: “This is an opportunity to emulate the A-mighty.”

- Reframe Question Eight: “How would I like Hashem to treat me in such a case?”

Torah Reframe Nine: “This too shall pass.”

- Reframe Question Nine: “Why is this not so important?” and “What is funny about this?”

ACTT Module Packet Appendix



ACTT Commitment Form – Anger Management for Positive Results 2 Module

Remember, it is better to commit to less – you can always do more!

Please PRINT all information

This commitment does not constitute a vow; I am doing the following, bli neder

From ___/___/___ To ___/___/___

In memory of _____

As a zechus for:

a refuah shelaimah for _____

a shidduch for _____

parnassa for _____

other _____

- ___ *Anger Management for Positive Results act(s) daily in a ☺ mood*
(ACTT recommends 1-2 acts daily – the ACTT Activity/Action Ideas has suggestions)
- *Performing one or more of the following maintenance activities in a ☺ mood*
(ACTT recommends a total of 1-2 acts daily – the ACTT Activity/Action Ideas has suggestions)
 - ___ *Ahavas Chesed act(s)* *daily or* *weekly*
 - ___ *Judging Favorably act(s)* *daily or* *weekly*
 - ___ *Kavanah During Davening act(s)* *daily or* *weekly*
 - ___ *Shmiras HaLashon act(s)* *daily or* *weekly*
 - ___ *Hakaras HaTov act(s)* *daily or* *weekly*
- *Learning ___ minutes daily from* (ACTT recommends 5 minutes daily):
 - The ACTT *Anger Management for Positive Results 2 Learning Schedule Book* (see ACTT *Daily Activity Log*)
 - Other _____

Please PRINT all information

Name: _____ Date _____

Email address: _____ Tel. number _____

Address: _____

☺ *Be happy with your ability to Improve Yourself and Grow!* ☺

Please email form: commitment@actt613.org or mail: ACTT, 48 Edgemount Road, Edison, NJ 08817



ACTT Activity/Action Ideas

Acknowledgements:

- 1) Some Ideas for Acts of Chesed adapted from Areyvut's 2005 "A Kindness a Day Calendar: 365 Ways to Make a Difference", see website: www.areyvut.org
- 2) Some of the ideas for Judging Favorably were adapted from "The Other Side of the Story" by Yehudis Samet
- 3) Some of the ideas for Kavanah During Davening were adapted from Praying with Fire by Rabbi Heshy Kleinman
- 4) Ideas for Improving Anger Management were adapted from Anger The Inner Teacher @ www.aish.com/spirituality/growth/Anger_The_Inner_Teacher.asp

IDEAS FOR IMPROVING ANGER MANAGEMENT

<p>In the past, when you have been able to overcome anger quickly, how did you do it? Learn from people who are able to remain calm in situations that get you angry Learn from people who are able to let go of their anger easily Give anger a chance to subside before speaking by counting from 1 to 10, 1 to 20, etc. When you notice that you are feeling angry, breathe slowly and deeply, exhale slowly When you are about to get angry because of something that someone did to you, focus on some good quality of that person</p>	<p>Use physical exercise to release anger: take a brisk walk, run, dance, jump rope, etc. Meditate on: "Ein od milvado - There is nothing else besides G-d" When you get angry, look at yourself in a mirror to see and hear yourself as others see and hear you when you are angry Write down all your angry thoughts in a letter addressed to the person you are angry at, but do not send it When you are about to get angry, ask yourself, "How important is this in my life?"</p>
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IDEAS FOR ACTS OF CHESED

<p>Offer to run an errand for a friend Cheerfully greet someone Bake an unexpected treat for a friend Remember someone's birthday Call someone going thru a difficult time Leave a friendly note for a family member Listen patiently to others Clean up after dinner without being asked Call someone who lives alone Greet everyone you see with a smile Introduce yourself to someone Apologize for something you've done Take out the garbage without being asked</p>	<p>Give someone an unexpected compliment Spend time with a child with a disability Help strangers in shul feel welcome Take an elderly person shopping Pay attention to what people are saying Spend quality time with family & friends Call or visit someone who is sick Cook a meal for a person in need Visit someone who may be lonely Call someone you haven't spoken to in a while Say thanks - no matter how small the deed Help a child with his / her homework Compliment someone who helps you</p>	<p>Give someone an encouraging note When asked to do something, respond right away in a cheerful and willing manner Drive someone to the doctor Help out family members even if you're busy Help someone find a job Buy a gift for a loved one for no reason Greet everyone with a pleasant "good morning" Write a letter to an elderly person Take a neighbor's garbage cans in from the curb Call someone who recently lost a loved one Congratulate siblings on recent accomplishments</p>
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ACTT Activity/Action Ideas (continued)

IDEAS FOR JUDGING FAVORABLY

<p>Don't jump to conclusions Judge your neighbor's actions favorably "Judge your fellow man fairly" (Leviticus 19:15) Look for possible explanation in another's behavior Give your friend the benefit of the doubt Look for the good in others "Judge all people to the side of merit" (Ethics of the Fathers 1:6) Realize that your friend did not see you carrying packages when he/she passed by</p>	<p>Remember, it could be a miscommunication... Are we missing any facts? Look for people's strengths Remember, things are not always what they seem! Try to explain... not complain about other people's actions Focus on solutions - not recriminations Remember the excuses one makes for oneself - apply these excuses to the one who wronged you</p>
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IDEAS FOR IMPROVING KAVANAH DURING DAVENING

<p>Meditate for 5 minutes before davening Write translations to difficult words in your siddur Think about all Hashem has given you Say the words, "I am standing before Hashem" out loud Remember that Kavanah During Davening is a Halachik requirement of prayer Pronounce each word slowly and clearly Use a siddur, even for Tefillos I know by heart Establish a specific place for davening Concentrate for 3 seconds on each word of a specific tefillah</p>	<p>Learn the meanings of words you do not know Select one prayer a week to say with more kavanah Write down your favorite phrases from davening and focus on them when you daven Arrive before the minyan begins to daven and be ready when they start When davening at home, remove distractions from around you Select one word a day to say with more kavanah Select one phrase a day to say with more kavanah Before you start to daven, review what Hashem has given you in the last 24 hours</p>
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IDEAS FOR SHMIRAS HALASHON

<p>Think before speaking Pause to think about what to say and how to say it before responding to someone Give each person the benefit of the doubt Train yourself to avoid judging others Think positive thoughts and avoid negative thoughts Stay calm and avoid getting angry Avoid joking around that could lead to making fun of others Develop a character of humility - avoid arrogance</p>	<p>Be extra careful with Shmiras HaLashon for 1-2 hour(s) each day Never give up hope of one's ability to guard one's tongue Accept the idea that it is possible to speak without gossiping Train yourself to avoid complaining about others Learn the laws of Shmiras HaLashon Walk away from a group that is speaking Lashon Hara If someone starts speaking Lashon Hara to you respectfully ask them to stop Realize and say to yourself: "It's Not That Important"</p>
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ACTT Activity/Action Ideas (continued)

IDEAS FOR HAKARAS HA'TOV

Recognize the good that you possess
 Appreciate what you do have rather than what you do not have
 Acknowledge that what you possess is a gift, not something you deserve
 Develop the habit of saying thank you for everything you receive, both big and small
 Realize that everything comes from Hashem and is for your good, then thank Him
 Always see the glass as being half full and be thankful
 Focus on developing an attitude of gratitude
 Appreciate the good that a family member does for you and say thank you
 Appreciate the good that a friend does for you and say thank you
 Appreciate the good that a colleague does for you and say thank you
 Appreciate the good that strangers do for you and say thank you

Write a thank you note to express your appreciation
 Make a telephone call to express your appreciation
 Give a gift to express your appreciation
 Express appreciation for routine actions such as taking out the garbage, preparing supper, doing the laundry, cleaning the house, bringing in the newspaper
 Thank the school bus driver
 Thank your teacher, thank your child's teacher
 Thank the mail carrier for delivering the mail
 Say *Modeh Ani* each morning with great feeling
 Reflect on *Modim Anachnu Lach* in *Shmoneh Esrei*
 Thank Hashem for every breath that you take



ACTT Daily Activity Log – Anger Management for Positive Results 2 Module

Abbreviations: 1) Anger: Inner Teacher = Anger: The Inner Teacher - A nine-step program to free yourself from anger by Rabbi Zelig Pliskin; 2) AM = Anger Management; 3) AC = Ahavas Chesed; 4) JF = Judging Favorably; 5) KDD = Kavanah During Davening; 6) SL = Shmiras HaLashon; 7) HT = Hakaras HaTov

		Learned (√)		Activity/Action	
Date	√	Book	Step	√	Notes (description of activity/action, comments, etc.)
EXAMPLE DAILY ENTRY – current module’s activity/action and up to 2 maintenance activities/actions					
Day	m/d/07	√	Anger: Inner Teacher	x	√ AM: Took a brisk walk to release anger; and/or AC: Helped someone find a job; and/or JF: Did not jump to conclusions; and/or KDD: Meditated for 5 minutes before davening; and/or SL: Paused to think about what to say and how to say it before speaking; and/or HT: Appreciated a friend’s thoughtfulness and said thank you
Note: This is a continuation of the Anger Management for Positive Results module and starts with Step 4 of the <u>Anger: The Inner Teacher</u> text					
Mon	07/02/07		Anger: Inner Teacher	4.Intro 4.A1	
Tue	07/03/07		Anger: Inner Teacher	4.A1	
Wed	07/04/07		Anger: Inner Teacher	4.A2	
Thu	07/05/07		Anger: Inner Teacher	4.A3 4.B1	
Fri	07/06/07		Anger: Inner Teacher	4.B1	
Sat	07/07/07		Anger: Inner Teacher	4.B2	
Sun	07/08/07		Anger: Inner Teacher	4.B3,4	
Mon	07/09/07		Anger: Inner Teacher	4.B5,6	



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 2 Module

		Learned (√)		Activity/Action	
Date	√	Book	Step	√	Notes (description of activity/action, comments, etc.)
Tue	07/10/07	Anger: Inner Teacher	4.B7		
Wed	07/11/07	Anger: Inner Teacher	4.B8 4.CIntro		
Thu	07/12/07	Anger: Inner Teacher	4.C1-3		
Fri	07/13/07	Anger: Inner Teacher	4.C4-6		
Sat	07/14/07	Anger: Inner Teacher	4.Motiv1 4.Motiv2		
Sun	07/15/07	Anger: Inner Teacher	4.Motiv3		
Mon	07/16/07	Anger: Inner Teacher	5A		
Tue	07/17/07	Anger: Inner Teacher	5A		
Wed	07/18/07	Anger: Inner Teacher	5B		
Thu	07/19/07	Anger: Inner Teacher	5C,D		
Fri	07/20/07	Anger: Inner Teacher	5E,F		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 2 Module

		Learned (√)		Activity/Action	
Date	√	Book	Step	√	Notes (description of activity/action, comments, etc.)
Sat	07/21/07	Anger: Inner Teacher	5F		
Sun	07/22/07	Anger: Inner Teacher	5G,H		
Mon	07/23/07	Anger: Inner Teacher	5I		
Tue	07/24/07	Anger: Inner Teacher	5J		
Wed	07/25/07	Anger: Inner Teacher	5K,L		
Thu	07/26/07	Anger: Inner Teacher	5M-O		
Fri	07/27/07	Anger: Inner Teacher	5P,Q		
Sat	07/28/07	Anger: Inner Teacher	6.Intro 6.1-3		
Sun	07/29/07	Anger: Inner Teacher	6.4-8		
Mon	07/30/07	Anger: Inner Teacher	6.9-12		
Tue	07/31/07	Anger: Inner Teacher	6.13-18		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 2 Module

		Learned (√)		Activity/Action	
Date	√	Book	Step	√	Notes (description of activity/action, comments, etc.)
Wed	08/01/07	Anger: Inner Teacher	6.19-24		
Thu	08/02/07	Anger: Inner Teacher	6.25-28		
Fri	08/03/07	Anger: Inner Teacher	6.29-31		
Sat	08/04/07	Anger: Inner Teacher	6.32-36		
Sun	08/05/07	Anger: Inner Teacher	6.37-44		
Mon	08/06/07	Anger: Inner Teacher	6.45-49 6.Hall-of- Fame-List		
Tue	08/07/07	Anger: Inner Teacher	7.Intro		
Wed	08/08/07	Anger: Inner Teacher	7.1		
Thu	08/09/07	Anger: Inner Teacher	7.2		
Fri	08/10/07	Anger: Inner Teacher	7.2		
Sat	08/11/07	Anger: Inner Teacher	7.3,4		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 2 Module

		Learned (√)		Activity/Action	
Date	√	Book	Step	√	Notes (description of activity/action, comments, etc.)
Sun	08/12/07	Anger: Inner Teacher	7.5		
Mon	08/13/07	Anger: Inner Teacher	7.6		
Tue	08/14/07	Anger: Inner Teacher	7.7		
Wed	08/15/07	Anger: Inner Teacher	7.8		
Thu	08/16/07	Anger: Inner Teacher	7.9		
Fri	08/17/07	Anger: Inner Teacher	7.10, Summary		
Sat	08/18/07	Anger: Inner Teacher	8.Intro		
Sun	08/19/07	Anger: Inner Teacher	8.A		
Mon	08/20/07	Anger: Inner Teacher	8.A		
Tue	08/21/07	Anger: Inner Teacher	8.A		
Wed	08/22/07	Anger: Inner Teacher	8.B		



ACTT Daily Activity Log (continued) – Anger Management for Positive Results 2 Module

		Learned (√)		Activity/Action	
Date	√	Book	Step	√	Notes (description of activity/action, comments, etc.)
Thu	08/23/07	Anger: Inner Teacher	8.B		
Fri	08/24/07	Anger: Inner Teacher	8.B		
Sat	08/25/07	Anger: Inner Teacher	8.B		
Sun	08/26/07	Anger: Inner Teacher	9		
Mon	08/27/07	Anger: Inner Teacher	9		
Tue	08/28/07	Anger: Inner Teacher	9		
Wed	08/29/07	Anger: Inner Teacher	9		
Thu	08/30/07	Anger: Inner Teacher	9		
Fri	08/31/07	Anger: Inner Teacher	Appendix		
Sat	09/01/07	Anger: Inner Teacher	Appendix		
Sun	09/02/07	Anger: Inner Teacher	Appendix		

Glossary

Ahavas Chesedloving kindness
B'li Nederwithout making a formal commitment
Bitachontrust in Hashem
Chesedkindness
Chizukmoral support
Daveningpraying
Hakaras HaTovgratitude
Kavanahconcentration
Klal Yisraelthe Jewish people
Lashon Haraevil tongue (speech) - any derogatory or damaging (physically, financially, socially, or stress-inducing) communication
Midah, Midoscharacter trait, character traits
Mitzvaha commandment
Mussarethical teaching
Neshamahsoul
Nisayona test
Ona'as Devarimcausing hurt through the spoken word
Parnasalivelihood
Rechilusgossip-mongering - any communication that generates animosity between people
Refuah Shleimaha complete recovery from an illness
Sefera book
Shidducha match of two eligible and marriageable Jewish singles
Shiurimclasses
Shmiras HaLashonguarding one's tongue
Siddurprayer book
Siyata D'ShmayaDivine Assistance
Talmid, Talmidimstudent, students
Tefillah, Tefillosprayer, prayers
Teshuvarepentance
Zechusmerit