



UNITED TRIBES
TECHNICAL COLLEGE
LAND GRANT EXTENSION

UTTC LAND GRANT EXTENSION

UTTC Lifeskills Lessons – Relationships & Family

Lesson 17: Anger and Bullying

LS0017

ANGER

Anger is a reaction to activities or people around us. Anger can become a habit and a way of life. Angry people develop a reputation for being hard to support or be around. Angry people often have low self esteem and actually are fearful or unhappy with their life, as it is today. Learning to deal with anger is important for relationships, success at work, and being happy and content. There are many processes that have been found to be helpful in learning to deal with anger. Here is one.

The RETHINK Method of Dealing with Anger

- R - Recognize anger in yourself and others
- E - Empathize with the other person
- T - Think about the situation differently
- H - Hear what is being said
- I - Respect and love when expressing anger
- N - Notice your body's reaction to anger
- K - Keep attention on the present problem

RESOURCES

- Fralick, M., Native American College Career and Success
- Waln, V., The Stink of Lateral Oppression
- Lesson 17 – UTTC Extension RETHINK to deal with anger
- Lesson 17 – UTTC Bullies Handout
- Lesson 17 uttc extensions victims of bullies

What Kind of “Angry Bird” Am I?

1. **Over-Estimator:** Follow Murphy’s Law. If anything bad can happen, it will happen to me. There is a tendency to expect things will have a negative outcome before it happens.
2. **Conclusion Jumper:** Believe in “Why try. Bad things always happen to me!” These people have feelings of injustice, self-pity, and mean intent from others. These thoughts lead to failure to exercise restraint because they are always ready to argue and fight.
3. **Either-or Seers:** See no gray areas in life. All things are Good or Bad, Right or Wrong, Strong or Weak, etc.
4. **Over-Generalizer:** Make conclusions about one-time events. “That driver cut me off, all drivers are bad.”, “One man hollered at me, all men holler.” etc.
5. **Inflammatory-Thinker:** Call names and label people or events in highly negative or obscene terms. Realistic thinking is difficult when things are negatively labeled prior to actual happening.
6. **Catastrophic-Thinker:** Rate everything highly negative – i.e. – on a scale of 1 to 10, it is always a “10”! Events or daily experiences are always the worst, most disappointing, or the end of the world.
7. **Demander:** Expect other people to adjust their behaviors to meet personal desire, moral beliefs or commandments. These people see life through jealousy and bully or oppress others demanding control.



Bullying

Some studies suggest that around 20 percent of all American children have been the victim of bullying, and about the same number have described themselves as engaging in some form of bullying behavior. Bullying behavior can be learned and used as an adult. Bullying does not happen only to children and often happens at work and even to elders. Bullying is the mental and emotional control of someone else and ranges from teasing, stealing, making demands of services or loyalty, belittling, gossiping, or even physical abuse. Bullying is very similar to other forms of aggression but has some distinctive features:

- The intention of bullying behavior is purposeful, and planned versus rather than accidental aggression based on situations.
- The goal is to actually gain control over another person through physical or verbal aggression.
- Usually bullies make their attack without any real reason except they see the victim as an easy target and they get away with it.
- Bullies are usually more popular with their peers than someone who is simply aggressive.
- Bullying happens when others are jealous and intentionally keep any individual from moving forward in life, seeing themselves in a positive light, or being successful (lateral oppression).



Dealing with Conflict

There are several ways to approach a conflict. In every conflict there is a potential to be a winner or a loser. Whether you are the victim or observer of bullying, recognize there is conflict.

Win-Lose: With this approach to conflict management, one person wins and the other loses, like in a game or a sporting activity. Competition is part of the win-lose approach. In competition power is important. In sports, generally the best and most powerful team wins and the other team, no matter how good, loses. Power may also be used as authority. For example a parent, a teacher, or a boss at work. In some situations there has to be a winner and a loser. But, in most situations, other than in competitive sporting events, the winner will consider the feelings and benefits for everyone, even the loser.

Lose-Lose: This approach to resolving conflict has no winners. Both parties struggle to be the winner and the damage during the conflict makes everyone lose. Think about World War II, when a bomb was dropped to end the war, everyone lost. On a family level, lost relationships like divorce, can become a lose-lose situation.

Compromise: Another approach for dealing with conflict is compromise. Both parties have some of their needs and wants met, but no one wins or loses everything. An example might be a deal to purchase a car. The seller and the buyer communicate and work to compromise. This approach requires communication for a period of time and an agreement for the long term.

Win-Win: This approach might be considered the healthiest. There is no loser and no winner. Both parties are willing to work together to find a solution. Competition is set aside and is replaced with cooperation. Emotions have to be put aside during discussion. Both parties generally need to walk away for a while to cool down and often a third party gets involved to work with everyone concerned. Steps needed to achieve Win-Win:

1. Identify the problem as your own. It is no one else's fault that you see things differently.
2. Agree on a good time to discuss the situation. Come to the discussion after anger is gone.
3. Describe your concerns and your needs. Use "I" messages and resist name calling or belittling. Good will and respect are required for win-win.
4. Look at the other person's concern or needs. Listen and try not to form an opinion as to why you think their needs or wants differ from yours.
5. Look for and discuss alternative plans that will support both sides.
6. Decide together on an alternative. Ask each other if the alternative idea is agreeable and doable.
7. Implement the new idea or approach as the solution. Smile at each other!
8. It may be best to shake hands and both say thank you.