

## **Anger - Conflict Management Goals**

[http://thegoalbank.com/index2main/index2/anger\\_conflict\\_management.html](http://thegoalbank.com/index2main/index2/anger_conflict_management.html)

### **will express his/her own anger nondisruptively nonaggressively.**

- will pass a test on the stages, changes or cues, and strategies associated with managing anger.
- will identify personal changes/cues associated with feeling angry.
- will identify personal triggers that cause him/her to feel angry.
- will explain/demonstrate use of anger reducers (e.g., counting, self-talk, breathing, visualizing, relaxing)
- will explain the consequences associated with various ways of expressing anger.
- will role play effective use of the PEACE strategy for anger control.
- will respond appropriately when presented with one of his/her personal triggers in a controlled setting.
- will use nonaggressive words/actions to convey his/her anger appropriately.
- will use one or more of the above strategies in naturally occurring situations.
- will \_\_\_\_\_(e.g., use words, offer solutions) instead of \_\_\_\_\_ when angry.

### **will express his/her own anger using words (or pictures/symbols).**

- will tell an adult what is making him/her angry.
- will explain why it makes him/her angry.
- will offer one or more compromise solutions to the situation that makes him/her angry.
- will act out the agreed upon solution.

### **will exhibit self-control when angry/frustrated.**

- will stop and think for \_\_\_ seconds before speaking or acting.
- will select and use calming strategies when necessary.
- will select and act upon a nonassertive and nondisruptive response to anger/frustration.
- will evaluate his/her own responses to frustration/anger from multiple perspectives.

**will appropriately respond to another person's anger**

- will listen and accurately restate what is bothering the angry person.
- will describe and role play options for resolving the other person's anger (apology, offer an idea, walk away).
- will consider the possible consequences of using various options for trying to resolve the other person's anger.
- will select and implement an appropriate response to another person's anger in a controlled situation.
- will select and implement an appropriate response to another person's anger in a naturally-occurring situation.
- will reflect and evaluate the effectiveness of his/her choices to dealing with another person's anger.
- will resolve or exit encounters with an angry person peacefully.

**will use effective problem solving to resolve conflicts with peers/adults.**

- will demonstrate calming him/herself, waiting \_\_\_ seconds before speaking or acting.
- will ask for adult assistance with problem solving instead of acting out aggressively or disruptively.
- will identify the problem and suggest multiple options for solving it.
- will consider the consequences from multiple perspectives.
- will offer two or more solutions to the other person in the conflict.
- will follow through with the agreed upon solution.
- will reflect upon the conflict and its resolution by talking or writing to an adult.
- will complete all applicable problem-solving steps in controlled/supervised situations at school.
- will perform all problem-solving steps in naturally occurring situations at school.

Goals are in BOLD Benchmarks are standard text

From The Goal Bank : aligned with Illinois Standards

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