

# MODULE 4/LESSON 2 – REFLECTIVE TASK

## Implementing Change in Managing Anger in Relationships

### Objective

To encourage self-awareness regarding anger management and to develop actionable strategies for improving communication within relationships.

### Purpose

Engaging in this reflection task will not only enhance your awareness of how anger affects your relationships but will also empower you to implement effective strategies for change. By actively working on managing your anger and improving communication, you can foster a healthier, more supportive relationship dynamic.

### Instructions

**Self-Assessment:** Reflect on your experiences with anger in your relationships. Consider the following questions:

- What specific situations tend to trigger your anger?
- How do you typically respond when you feel angry? (e.g. yelling, withdrawing, sarcasm)
- What impact does your anger have on your partner and the relationship as a whole?

Write down your thoughts in a journal or on a separate piece of paper. Be honest and thorough in your reflections.

**Identify Patterns:** Review your responses to identify any recurring patterns in your anger triggers and reactions. Look for themes, such as:

- Are there specific topics that frequently lead to conflict?
- Do you notice any common emotional states (e.g. stress, fatigue) that heighten your anger?

**Set Clear Goals:** Based on your reflections, set at least three specific, measurable goals for managing your anger more effectively. Consider goals such as:

- Practising deep breathing or mindfulness techniques when feeling angry.
- Committing to using “I” statements during discussions to express feelings without blame.
- Scheduling regular check-ins with your partner to discuss feelings and concerns in a calm environment.

**Action Steps:** For each goal, outline actionable steps to implement change. For example:

- **GOAL:** Practice deep breathing.
- **ACTION STEPS:** Research and select a deep breathing technique (e.g., 4-7-8 breathing). Set reminders to practice daily, even when not feeling angry.
- **GOAL:** Use “I” statements.
- **ACTION STEPS:** Write down examples of “I” statements related to common triggers. Role-play with a trusted friend or partner to practice using them in conversations.

**Accountability Partner:** Choose a trusted friend, partner or professional who can support you in this journey. Share your goals and action steps with them, and schedule regular check-ins to discuss your progress. This accountability can help reinforce your commitment to change.

**Reflect on Progress:** After a month, take time to reflect on your progress. Consider:

- How have your interactions changed since implementing these strategies?
- What challenges did you face, and how did you overcome them?
- What successes have you experienced in managing anger and improving communication?
- Write down your reflections and adjust your goals or action steps as needed.