



INFORMATION SHEET

Age Group: **Adults**

Sheet Title: **Tony Attwood's Anger Management Plan**

Reasons for Anger Episodes Experienced by People with Asperger's Syndrome:

- * A limited ability to manage negative feelings, especially frustration
- * A lack of empathy and self control to moderate their reaction
- * A perception of anger as a solution to problems (negative reinforcement)
- * Immature conflict resolution skills
- * A limited vocabulary to express negative emotions
- * A tendency to literal interpretation, which can lead to problems
- * Impaired theory of mind skills and apparent paranoia
- * An authoritarian nature
- * Being set up by others (live theatre)
- * The externalisation of agitated depression
- * A thought or emotion 'tic' (as with Tourette Syndrome)
- * A Dr. Jekyll and Mr. Hyde character
- * A need to target those closest to them
- * An intolerance of imperfection and people being inconsistent
- * An anger that is intense but brief
- * A lack of anger memory

Treatment of Anger for People with Asperger's Syndrome

- * Try and find and participate in a social skills project on anger
- * Use a mental "Angermometer" to grade the level of anger felt
- * Try to put the event in perspective
- * Use relaxation techniques
- * Learn self-talk methods
- * Check all the information surrounding an incident
- * Use rescue phrases (and then seek help and disclose the feelings)
- * Consider the consequences



- * Imagination (think it not do or say it)
- * Use creative destruction or physical activity techniques to diffuse anger
- * Learn substitute words and actions
- * Give yourself rewards for self control
- * Use mental metaphors (like turning the car engine down)
- * Recognise the signs of anger in yourself and others
- * Try and ensure that there is an equality of justice
- * After an incident, record it in a grievance book and then re-read it to understand how it escalated
- * Try Comic Strip Conversations. Draw stick figures with speech and thought bubbles, colours or pictures of facial expressions to represent thoughts and feelings.
- * Try Cognitive Behaviour Therapy