

Anger Management for Teens & Success

As a teen, it must be rather difficult to always be positive in every situation. Growing up in society today is challenging and teenagers are often compelled to be defensive. Teenagers are not usually compassionate individuals. They are constantly in competition and jealousy is a huge factor. The fight to always be number one is very common in the teenage world. It is unfortunate and sad since these years ought to be the best years of their lives. Teenage children are forced to grow up long before their time because of the daily challenges and obstacles they are faced with. Some young people can handle adversity very well while others are quick to build a defensive wall. When faced with confrontation, many teens lash out and become reckless, often to the point of violence and nowadays, death.

Developing an anger management plan for teens could be difficult since teens are quick to resist advice and not always compliant with instructions. In order for anger management for teens to be successful, a program must be designed that will reach the targeted teen without being overbearing. Convincing a teenager that they have behavioral issues which need attention may be a challenge but it is essential to make them understand the importance of making a change.

If anger is not controlled, it can control the life of the individual affected. This is unfortunate in any life including that of a teenager. Teenagers with anger issues tend to yell and scream, say hurtful things, punch walls, push other people around and even hurt themselves. It may be difficult but important to convince these teenagers that everyone can change. With effective anger management for teens, they can be a success. They can make positive changes in their lives which will ultimately make their life easier and more enjoyable. Learning to control their anger is definitely a positive change.

Anger management for teens should teach teenagers to be self-aware, to evaluate their feelings in an attempt to understand the reasons for their anger. They should also learn to practice self-control, to pause a few seconds and think about the repercussions of their reactions to situations. After thinking about their options regarding reactions, they are taught to make a choice, pick an option which will bring about effective results. After acting on their feelings, teenagers are taught through anger management for teens, to review their progress, see what the outcome of the choice was. These steps might be considered an effective lesson plan for anger management in teens. If using this plan each time they are confronted with irritating situations, eventually the teenager will be capable of dealing with confrontations much better.

Teenagers have their own minds with their likes and dislikes. Suggesting

techniques like exercising, listening to music or journaling might be good anger management for teens. Success will only be achieved when the teenager is able to accept responsibility for their actions and realize they need to make changes. Using their likes as distractions may be a good tool in anger management. These may be techniques which they are willing to try when they feel angry or threatened. Helping a teenager be successful in anger management may require hours of hard work and tears, but realizing that individual is being spared from a future of recklessness and avoidable challenges is worth every second.