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