



## 6.4: De-escalating Conflict

### Understanding Underlying Emotions

#### Application/Reflection

Anger can be more complicated than it looks. What looks like an angry outburst may be a reaction and cover for other strong emotions like hurt, embarrassment, stress, or disappointment. **For each scenario, answer the questions to help uncover the other emotions and triggers underlying anger:**

**Scenario #1:** Brooklyn just learned a new dance routine, and her team is performing it tonight at the football game. She is the youngest member of the team, and it takes her longer to learn the routines than it takes the other girls. She's been stressing about it all week. When Brooklyn asks the team captain at practice to show her one of the steps again, the girl snaps, "What? You don't know it yet? You ought to know it by now." Brooklyn storms off into the locker room, hitting lockers on the way. She thinks, "These seniors are so rude. Why are they against me?" When her mother arrives five minutes late to pick her up from practice, Brooklyn snaps, "Why are you always so late?"

- What triggered Brooklyn's anger?
- Besides anger, what *underlying* emotions might Brooklyn be feeling?
- What did Brooklyn do/think that escalated her anger?
- How did she respond to the situation? Was it an effective response? Why or why not?
- What is *residual* anger? And do you see it in this situation?
- How might Brooklyn reframe the situation?

**Scenario #2:** In history class, Joshua is assigned to a group to work on a big project. His teacher lets other students switch out of their groups but tells Joshua he must stay in his group. None of Joshua's friends are in his group. When he complains, his teacher tells him to get busy on the project. Joshua mutters, "That is so unfair," and sits apart from the group. His teacher gives him a detention slip for his attitude. Some other students try to cover up their laughter. Joshua stomps out of the room and slams the door.

- What triggered Joshua's anger?
- What emotions is Joshua probably feeling?
- What did Joshua do/think that escalated his anger?
- How did he respond to the situation? Was it an effective response? Why or why not?
- How might he reframe the situation?