



anger management

Family Conflict: Mindfully Creating Positivity

This is a supplemental parent-education module that is designed to help you understand and reduce anger and conflict in everyday moments and situations.

Anger and conflict are normal parts of life, and every person will experience these emotions and challenges. When we experience anger and conflict, how this emotion and situation make us feel can tell us a lot about ourselves. We may find that the emotional response we have when we feel anger or become embroiled in a conflict can highlight issues, behaviors, or situations that we should consider changing in order to be a positive role model for our children and be a loving and thoughtful parent.


Even though anger and conflict are normal parts of life, the way in which we handle anger and conflict is what can cause serious problems in our lives. Managing anger and conflict in a positive way can be *difficult*. The stressors and challenges we encounter can make it hard for us to remain calm. This module intends to help you, the participant, learn to manage your anger and conflict and support you as you strive to be the best parent you can be. In this module, you can develop an Action Plan that outlines strategies you would like to use to help you reframe your thought patterns and change your behaviors in a positive way.





This supplemental module builds on information and strategies that are discussed in the four universal Thrive parenting programs – *Take Root, Sprout, Grow, Branch Out* – so it is recommended that you participate in the age-appropriate universal Thrive parenting program prior to using the supplemental module.





In this module, you will learn how to do the following:

 Understand how anger impacts you and those around you.


 Tap into underlying emotions that may contribute to your feelings of anger.

 Identify strategies and techniques to help you manage your anger.

 Focus on framing your thoughts in a more positive and productive way.

 Approach conflict in a healthy and constructive manner.

 Use identified strategies and techniques to change your behaviors.

 Put together an Action Plan for success!

For more information about the Anger Management – Family Conflict supplemental module, visit:

<https://thrive.psu.edu/modules/supplemental>