Lemons or Lemonade?

An Anger Workbook for Kids

Jane F. Gilgun, PhD, LICSW
ALSO BY JANE GILGUN

Children’s Books

Busjacked!
Emma and her Forever Person
Five Little Cygnets Cross the Bundoran Road
Patrick and the Magic Mountain
The King’s Toast
The Little Pig Who Didn’t go to Market
The Picking Flower Garden
Turtle Night at Playa Grande
Will the Soccer Star

Books

Child Sexual Abuse: From Harsh Realities to Hope
Children with Serious Conduct Issues
I Want to Show You: Poems
The NEATS: A Child & Family Assessment

Manuals

Lemons or Lemonade? A Manual for Professionals and Parents of Kids
Lemons or Lemonade? An Anger Workbook for Teens
Lemons or Lemonade? A Manual for Professionals and Parents of Teens
Readiness to Adopt Children with Special Needs

Jane Gilgun is a professor and writer. She has many articles and assessment tool available on social media websites such as scribd.com, Amazon Kindle, and smashwords.com.
Children and Anger

Children get angry. Anger is normal and natural. When expressed appropriately, anger opens channels of communication and builds relationships. Children require the guidance of adults to learn how to express their anger. That is the purpose of this workbook: to help children learn how to express their anger appropriately. By appropriately, I mean in ways that foster open communication, build relationships, and do not harm others or the self. Parents and teachers will find the ideas and exercises in this book helpful. When children and teachers find that children’s expressions of anger are too much for them, they may seek the help of professionals. This workbook is made for anger management education for children 12 and younger.

I wrote this workbook and the manual for parents and professionals after years of work with families and children. I saw over and over how angry and hurt many children are. Some anger issues are fairly easy to work with. Children with easy to work with issues may be doing what they have seen others do. Helping children to express anger appropriately involves direct instruction from adults and through adults handling their own anger appropriately. This is uncomplicated, simple anger that responds to gentle, yet firm instruction that clearly spells out what is acceptable behavior and what is not. The ideas and exercises in this book will guide parents in their efforts to help their children with emotion expression.

For some children, anger is the tip of an iceberg. This is complex anger. Fear, hurt, frustration, humiliation, unworthiness, and a sense of being bad could be linked to expressions of anger. For children with complex anger, some pretty bad things have happened, like child abuse and neglect, witnessing violence against their mothers, and other traumas such as war, car accidents, and forced migration. Anger is an expectable response to such adversities. Children’s anger in these circumstances are expressions of many emotions and not only anger. They often find that how they express their anger helps them feel better, but often these are temporary solutions that hurt the children and sometimes hurt other people. Reactions such as fighting, overeating, cutting, fighting, lying, stealing, and running away are examples. Many children discover that they feel better when they bully others, torment animals, destroy property, have tantrums, eat a lot, masturbate, or cut themselves. Even young children smoke pot and drink alcohol to soothe themselves.

Parents and teachers may not know how to help children who have complex anger. Some parents have experienced traumas similar to their children’s. If their own issues overwhelm them, they are unable to comfort their children and to teach and show their children how to cope. Even if they deal fairly well with their own issues, they may not know how to guide their children to express their anger appropriately.

Many children think they are supposed to be aggressive when they are angry. They’ve learned this through watching how their parents and other adults express their anger. Many children think they are supposed to shout at others when they are angry.
Some think they are supposed to hit others. They’ve seen their parents and other adults do this. Such behaviors seem normal and natural to children. If these children have experienced trauma, anger management is part of a program that children and their parents require to deal with trauma and their responses to trauma.

Here’s an example. A six year-old girl brought a knife to school to threaten a seven year-old boy who had teased her and would not stop when she asked him to. The teasing had gone on for weeks. She asked teachers for help, and they did not do anything. She was very angry. She also felt hurt, alone, and unloved. She had seen her mother threaten her father with a knife several times. Each time her mother made the threat, her father stopped beating and verbally abusing her mother. This little girl had taken the knife from under her mother’s pillow in order to protect herself. She thought this is what you are supposed to do to get other people to stop being abusive.

This child would benefit from the exercises in this book in conjunction with family and trauma therapy. As long as her mother and father use aggression and threats, their child will, too. If children are to learn to manage their emotions, their parents show them how.

Part of learning to cope with trauma is learning to cope with the powerful emotions connected to trauma. Using this workbook without family and trauma therapy may be helpful but would be most effective in a program of treatment that includes trauma-focused family therapy.

Children can learn to express their anger in ways that foster communication and do not harm themselves or others. This workbook guides children's anger toward constructive expressions that turn the lemons of adversity into lemonade.

Jane F. Gilgun, PhD, LICSW
Minneapolis, Minnesota, USA
August 30, 2012
## Contents

1 Reasons to be Angry  
2 Do You Deserve it?  
3 Do Other Kids Deserve it?  
4 What Do You Do When You are Angry?  
5 Anger is Like a Sour Lemon Taste  
6 Doing Things to Feel Better  
7 Feeling Better...for a Little While  
8 The Endless Circle  
9 Making Lemonade  
10 Lemons or Lemonade?  
11 Your Turn  
12 The Making Lemonade Checklist  
Doing Something Really Well  
Further Reading  
About the Author
Reasons to be Angry

Some kids have lots of reasons to be angry. Bad things happen to good kids. Put a check mark in front of the things that have happened to you. Some of these things might not be happening now, but check them if they have ever happened, even once.

___ Other kids make fun of you.
___ You feel like no one cares what you feel.
___ You hardly ever see your mother
___ You hardly ever see your father.
___ You don’t live with your family.
___ You are ashamed of where you live
___ You don’t feel like you belong.
___ You feel like no one cares what you think.
___ Things that go wrong are your fault.
___ Your mother gets high on drugs.
___ Your father gets high on drugs.
___ Your mother gets drunk.
___ Your father gets drunk.
___ You are ashamed of your mother.
___ You are ashamed of your father.
___ You saw someone get hurt.
___ You don’t feel safe at home.
___ You don’t feel safe at school.
___ You don’t feel safe in your neighborhood.
___ Someone you love doesn't love you.
___ You're not welcome in some neighborhoods.
___ Your father hits your mother or someone else.
___ Your mother hits your father or someone else.
___ Your brother or sister makes fun of you.
___ Someone makes you do sexual things.
___ You feel bad about something you did.
___ You can't read like the other kids.
___ You can't do math like the other kids.
___ You're not good in sports.
___ You get yelled at.
___ Someone hits you or beats you up.
___ Someone you loved died.
___ Other people steal your things.
___ You miss friends when you move.
___ A pet died.
___ You move a lot.
___ You think you're ugly.
___ You don't have any friends.
___ You feel unwanted.

How many did you check? _____

Do the things you checked make you angry? Yes No
Do the things you checked make you sad? Yes No
Do the things you checked make you angry and sad? Yes No
Your Opinions

Kids feel angry about these things. They feel sad, too. Sometimes they have a burning feeling inside. Sometimes they go from feeling angry to feeling sad to having that burning feeling. Right now you may be feeling sad or angry or both. You might have that burning feeling inside, too. This is not much fun.

You can use this space for anything you want. Have things happened to you that are on this list? Not on this list? You can write about them. You can draw a picture about them, or you can look around to see if there is an adult you can talk to.

My Space
**Do You Deserve it?**

Kids sometimes believe they did something to deserve bad things. Some kids think they are bad when other people treat them bad. Here are things that some kids think. Circle yes or no to the following questions.

- I do bad things. Yes No
- I think I’m bad. Yes No
- Other people tell me I’m bad. Yes No
- Sometimes I think I am bad but no one has told me I am bad. Yes No
- I like being bad. Yes No
- Bad things happen to me because I’m a bad kid. Yes No
- If I had been a better kid, bad things would not have happened Yes No

**If you think you are bad…. even sometimes, what is that like?**

Use the space below to draw a picture or write about what it’s like to think you are bad. You could write a song or poem. If you think it’s good to be bad, you could draw a picture about that or write something. You can also leave this space blank.
Do Other Kids Deserve it?

Kids sometimes believe that certain kids deserve to be treated bad. Circle yes or no to the following questions.

- Some kids deserve to be beaten up.  
- Some kinds deserve to be teased.  
- I can take things from others kids if I want to.  
- It’s okay to tease kids I don’t like.  
- It’s okay to tease kids who are ugly.  
- It’s okay to talk trash about other kids if I enjoy it.  
- It’s okay to trick other kids into doing things.  
- It’s okay to lie to get other kids to do things.  
- It’s okay to force other kids to do things.  
- Kids deserve it when other people are mean to them.  
- It’s okay to make other kids cry if I think they are bad.

What I Think

Kids have opinions about good and bad things in their lives. Check the items below that you agree with.

___ Bad things can happen to good kids.
___ Good kids sometimes do bad things.
___ If someone does bad things to me, I want them to stop.
___ It is wrong to do bad things to other people.
___ It takes courage to talk to someone about what’s bothering you.
Your Opinions

You probably have other opinions about these things. Use the space below to express them. Write, draw, use watercolor, pastels, or write a poem. Put stickers on it. Do what you want with this blank page.

My Space
What Do You Do When You are Angry?

What do you do when you are angry? What do you do when you are sad? What do you do when you are feeling both sad and angry? What do you do when you have that burning feeling? Here are some things kids do. Put a check mark beside the things you do when you are angry or sad.

___ You think you are bad.
___ You don't talk.
___ You pretend everything is okay.
___ You think about something that makes you happy.
___ You pick on other kids.
___ You talk to someone.
___ You listen to music.
___ You do yoga.
___ You hurt animals.
___ You annoy other people.
___ You destroy other people's property.
___ You think about hurting other people.
___ You do something nice for someone else.
___ You set fires.
___ You cut yourself.
___ You steal.
___ You sniff glue, paint, gasoline, smoke dope, take drugs, or drink alcohol.
___ You read a book.
___ You feel you are watching yourself from far away.
___ You draw pictures about things that make you angry.
You think about getting back at the person who made you angry.

You think about running away.

You text a friend to say hello.

You run away.

You work hard at something, like schoolwork.

You do sexual things to yourself.

You do sexual things to others.

You eat a lot of food.

You throw up after you eat a lot of food.

You cut yourself.

You do things to make other people mad at you.

You refuse to do what other people tell you to do, like teachers who want you to do your homework or parents who want you to come in at night.

You tell jokes.

You talk trash to people behind their backs.

You write poetry.

Something else? What? ________________________________

How many items did you check? _____

How many of the things don’t hurt anyone else or yourself? _____

How many make things better? _____

There's nothing wrong with being upset and angry. You have reasons to be angry if other kids make fun of you, if your parents ignore you, if someone yells at you, beats you up you, if you feel you don't belong anywhere, if you have been sexually abused, and if no one cares what you want. What's important is what you do when you are angry and upset.
Anger is Like a Sour Lemon Taste

For lots of kids, anger is like a sour lemon taste in your mouth. If you don't do something that helps it go away, anger can grow. It can burn. When you are angry, you can do things that hurt yourself or others. First, we'll talk about what anger can feel like. Then we'll talk about how you can deal with your anger so you don't hurt other people or yourself. Anger is normal and natural. It's what you do with it that counts.

For some kids,

- Anger can be sour. It can hurt. It can make you feel helpless. It can make you feel desperate.

- Anger can become like a great big lemon growing inside you. It gets so huge you feel as if you are going to explode.

- It's like someone squirts lemon juice in your eyes and you can't see.

- It’s like someone stuffs a lemon in your mouth and the seeds go up your nose.

- It's like someone straps a huge basket of lemons on your back and you feel as if your back is going to break. You do everything you can to get that heavy burden off your back.

- Anger can mean you're a bad kid. You may think other people are laughing at you or don't care about you.

- When you're angry, you may think about getting back at other people. This is called revenge.
Doing Things to Make Yourself Feel Better

Anger doesn’t feel very good. It’s natural to want to do something to feel better. Some of these things kids do help the anger go away. Some of these things make the anger grow.

Complete the sentences below.

When I'm angry, I want to

When I'm angry, I think about

When I'm angry, I think I'm a

When I'm angry, I feel like
Feeling Better... for a Little While

Kids do lots of things to make themselves feel better when they are angry. Sometimes what kids do makes things better. Sometimes what they do makes things worse. What makes things worse is to hurt other people or yourself. What kids did to feel better end up making them feel worse.

Kids may pick on other kids, steal, destroy property, fight with other kids, run away, set fires, drink, use drugs, do sexual things, eat too much, and cut themselves. And you know what? Kids do feel better when they do these things...for a little while. Some kids feel terrific when they do these things...for a little while.

Good Feelings that Turn Bad

These good feelings don't last. In a little while, you start feeling bad again. Sometimes you are ashamed of what you did. Sometimes you feel guilty for what you did. You think about the people you hurt. You're sorry you hurt other people.

Do you ever feel sorry for hurting other people? Yes  No
The Endless Circle

Sometimes, doing something to make yourself feel better does make you feel better at first. Then you start feeling bad about what you did to feel better. Maybe you realize that you hurt someone else or yourself to feel better. It did seem like fun at the time. So, you do something else to make yourself feel better. This something else hurts other people or yourself. Then you feel bad for what you did to make yourself feel better.

Does it make sense to do things that make you feel bad even if they make you feel good at first? Yes No

It gets to be like a big circle. You feel bad. You want to feel better. You do something to feel better. You feel better at first. Then you realize that you hurt someone else or yourself. You feel bad about that. You want to feel better. You do something to feel better. You feel better at first. Then you feel bad because you hurt someone else or yourself when you did something to make yourself feel better.

It's like the hamster in the wire wheel. Around and around you go. You can't jump off the wire wheel.

You're stuck, like a car stuck in sand. The wheels go around and around, but the car doesn't go anywhere. The sand flies right in your face, and you can't get out of the way.

- Have you ever felt like a hamster stuck in a wire wheel? Yes No
- Have you ever felt like car stuck in sand? Yes No

What do you do when you feel this way?
Making Lemonade

You know what? You can make lemonade out of the lemons of anger. Think of how lemonade tastes on a hot day. Your throat is dry and maybe even a little sore. You bring the glass to your mouth. The flecks of lemon slide over your tongue. The lemonade fills your mouth and slides down your throat. You finish the lemonade and say, “Ah. It tastes so good.”

There are things you can do that will make lemonade out of the lemons of anger. These things won't make you feel ashamed or guilty afterward. You won't get in trouble if you do them. You will feel good about yourself. Other people will respect you.

The sour lemon taste of anger will turn to the sweet taste of doing something good. You will feel good about being you, maybe not at first, but after a while you will.

When you do them, you won't hurt other people. You will not hurt yourself. When you do them, the good feelings will last and last and last.

You may even feel proud that you did them. You will make lemonade out of the lemons of anger.

Making lemonade out of lemons can be hard work. At first, it might not seem like fun. Keep at it. You will be rewarded!

*It's important to want to.*
Making Lemonade

These are some things you can do to feel better. Pick the ones you want to do. Some may be better for younger kids, and some may be better for older kids.

😊 **Color the pictures in your coloring book any colors you want.** You don't even have to stay in the lines. Scribble if you want to. Use only black if you want.

😊 **Tear up old newspapers or magazines.** Find some newspapers or magazines no one wants. Tear them to pieces. While you tear them up, say whatever you want to say about your anger. Or you could pretend you're telling someone you trust about why you are angry. When you've torn them all, tear them into even smaller pieces. Say whatever you want. When you are finished, put the pieces in a bag and put the bag in the recycling bin.

_The more you do things that make you feel better and that don't hurt yourself or others, the more you will want to do them._

😊 **Draw a picture of something that makes you angry.** Use the darkest, angriest colors you can find. Draw monsters, or anything you want that shows how angry you are. You might even make a story out of pictures. Did things turn out the way you wanted?
😊 Draw a picture of something that makes you happy. Suppose you'd like to ride a horse. Draw a picture of a horse you'd like to ride. Maybe you'd like to ride a flying horse, or a unicorn. You could also draw pictures that tell a story of something you want.

😊 Pretend with toys. Using toy people, pretend you are telling someone you are angry. Chose a toy person to be you and another toy person to be a person you want to talk to. Then, do or say with the toys whatever you want. There may be other people who might want to play pretend games with you. Can you think of who these people could be? Write their names in the space below.

😊 Build a tower and knock it down. Find some blocks or anything else that you can use to build a tower. Maybe you want to build something else, like a building. Make it as big and tall as you want. Then knock it down. Build something else. Knock it down. Stop when you want to.
Throw a rubber ball against the garage. Find a rubber ball or tennis balls and throw them as hard as you can against the side of a garage. Make sure there's no one around whom you could hit. Pretend the person you're angry at is there. Yell at the person every time you throw the ball.

Maybe you could tack a target on the wall. See how many times you hit the bull's eye. Pretty soon you will have a good throwing arm for baseball.

Pretty soon you will have a good throwing arm for baseball.

Swing. Find a swing. It could be in your backyard or down the road in a park or playground. Get on that swing and pump until your arms ache and you think your legs are going to fall off. Don't swing over the bars, though.

Kick a soccer ball around.
Take a soccer ball to a field or a park. Kick that soccer ball as hard and as far as you want. Yell as loud as you want about how angry you are. You also might get pretty good at soccer.

Run. Put your running shoes on and run Run until your chest and legs ache. Run wherever it's okay to run, like sidewalks and the playground. Each time your foot hits the ground, say, "I am angry." Say whatever else you want to say, but keep on running. Other kids will think you are practicing for track. Pretty soon you might want to race other kids or try out for the track team.
Dig holes in the backyard. Ask your parents where in the backyard you can dig. Using a shovel, dig as many holes as you want. Dig as deep as you want. When you are finished, shovel the dirt back into the holes. Start all over again. You may end up with a freshly dug garden.

Plant seeds in your new garden. Water them. Watch them grow. If you planted flower seeds, give your flowers away. If you planted vegetables, give them to other people, too.

Listen to music. Find music that helps you think of the good things about your life. Some songs are funny. Sometimes they talk about things that are fun to do, like swinging on swings, walking in the woods, playing with other kids. Find that kind of music and get your mind off what is making you angry.

Dance to music. Sometimes dancing to music will help you think about happier things. Move around. Shake your body. Move your hands and feet to the music.

"I'm a good person who sometimes makes mistakes."

Do yoga or meditate. Sometimes there are classes for kids on yoga and meditation. These are great ways to relax and change your thinking.

Substitute good thoughts for bad. Whenever you start thinking things like I'm bad" substitute,"I'm a good person who sometimes makes mistakes."

Ask questions. If you think you are a bad person because of what someone else has done to you, find someone to talk to about this. Ask them, "Do you think I'm a bad person?" Tell them about the times you think you are a bad person.
Write in a diary. A diary is a place for special thoughts. When you're feeling angry, a diary is a good place to express it. You could draw pictures that show how you feel. You could cut out pictures from magazines and paste them in your diary. You could tell stories in pictures or in words or both. Sometimes you might want to write in your diary when you are not angry but are feeling good.

Read a joke book. Go to the library and ask the librarian where the kids' joke books are. Read the jokes alone or with a friend, whatever you want. Read them out loud to yourself if you want to.

Laugh as loud as you want. You might ask your teacher if you could tell a few jokes to the class. Other books that are not joke books are fun to read, too.

Have a pretend conversation with someone who isn't there. It could be your father. Or your mother. Or your favorite aunt who died.

Find a picture of that person. If you don't have a picture, you could draw one. Then, pretend the picture is the person. Talk to the picture. Maybe you want to tell the person something that makes you angry. You might want to tell a funny story.

You might want to pretend you are the person you want to talk to. It could be like a game that goes like this. First, move two chairs to face each other. Then, sit in one chair and be yourself. Pretend the other person is in the other chair.

After you have said what you want to say, sit in the other chair. Pretend you are the person you just talked to. Give an answer to whatever you just said as if you are now that person. Then, you can switch back to the other chair and be yourself again and say something. Keep doing this until you want to stop.
😊 **Find a friend to be with.** Sometimes when you're feeling angry, just being with people you like can help you feel better. Visit them, or call them on the phone. You might tell them about your anger or you could ask them how their day is going.

😢 **Talk to someone you trust.** Be on the lookout for someone you can talk to. Some kids watch another person for a long time before they decide they can trust this person.

How do you know when you can trust another person? That is a hard question. There are lots of adults who like children and want to help them out. People you can trust are nice to other people. They don't make fun of other people. You feel good when you are around them.

😢 **Stand up for yourself.** Sometimes people who are hurting you will stop if you tell them to. You might have to practice with someone else about what to say, someone you trust. You could say to the person who is hurting you, "I don't like what you do. I want you to stop."

If the person doesn't stop, never believe there is something wrong with you. The behavior of the person who is hurting you is wrong. Find someone to talk to about the person who is hurting you. Don't keep it a secret. You have nothing to be ashamed of. Don't stop looking for adults who can help you.

😢 **Do something nice for someone else.** No matter how mad or sad you feel, there are other people who appreciate you when you do something nice for them. How about raking the yard without being asked? What other nice things can you do for other people?
Apologize. If you have hurt someone, tell this person, "I am sorry I hurt you. I hope you can accept my apology. If you can't, I will understand." Talk to friends and adults about how to apologize. Practice with friends and adults or by yourself in front of a mirror. When you apologize tell the other person exactly what you did that was hurtful.

Make restitution. This means to make up for something you've done that hurt someone else. Maybe you've broken someone else's toy. To make restitution, you would buy a new one. If you broke someone's window, apologize and then make up for it. You could pay for fixing the window or do errands or chores to pay for fixing it.

Learn to do something really well.

Learn to do something really well. When you are angry, think of something you really like. Then, do it. It doesn’t matter what it is as long as it doesn’t hurt you or other people. Practice a lot so you can do it really well. Maybe it’s jumping rope or shooting hoops. Maybe you like math. Some kids write poetry or like to read. You might find other kids who like what you like. Soon you have new friends.
Say, “I am hurt by what you did.”

It's great to tell persons who have hurt you, "I am hurt by what you did." It would be wonderful if these persons say to you they're sorry, that they never meant to hurt you, and that they will do all they can to make restitution.

It would be great if they could say they did not think of the consequences and that they especially did not think about the consequences for you.

Imagine what it would be like for them to say to you, "I hope you can forgive me." Finally, it would be great if tried really hard not to hurt you again.

Sometimes this is possible. Children who have experienced hard times and traumas benefit when people who have hurt them apologize and change their ways. Children, however, sometimes require preparation for stating their angry feelings and for apologies. This is not simple. Only when children are ready to state their feelings and to hear an apology should such things happen.

Unfortunately, for many children, the persons who have hurt them are no longer available. They could have died or for many other reasons are not part of the children's lives. Perhaps they have a serious mental illness, are chemically dependent, or have moved away.

Some children risk verbal and physical abuse if they try to talk to persons who have hurt them. Children require guidance from adults about direct expression of anger in these situations. With guidance from adults, the exercises in this book can help most children learn to express their anger and other feelings appropriately.
Lemons or Lemonade?

Anger can be as sour and bitter as lemons or you can turn lemons into lemonade. Anger is natural and normal. It becomes sour and bitter when kids don’t know how to express their anger. Unexpressed anger can be the tip of an iceberg. Underneath anger there can be guilt, sadness, fear, and feelings of worthlessness. This workbook is for kids whose anger has become complicated because they need some help in dealing with their feelings.

Remember, there's nothing wrong with wanting to feel better when you are angry. In fact, it's important to help yourself feel better when you are angry. It is wrong to feel better by hurting others or yourself. Using anger the right way will help you get many of things you want. It will also help you make friends and get along with other people.
Your Turn

What do you think of this workbook? There are no right or wrong answers. State what you think. You can write or draw something here or talk to someone. You can email Jane Gilgun at jgilgun@gmail.com to let her know what you think.

Is there something you do to feel better that is not in this workbook? What? Be specific so I know what you mean.

Is there anything in this workbook you think is lame? What? Be specific so I know what you mean.

Is there anything in the workbook that you already do? If there is, how does that work out for you?

Is there anything you’d like to try? Don’t forget. Sometimes you have to keep at it to get the results you want.
The Making Lemonade Checklist

This checklist is for you. You can carry it with you or put it on your bedroom wall. It reminds you that anger is normal and natural. It also reminds you of what to do when you are angry.

- Color any way you want in coloring books.
- Tear up old newspapers.
- Draw an angry picture.
- Draw a happy picture.
- Pretend with toys.
- Build a tower & knock it down.
- Throw a rubber ball against a wall.
- Swing hard on swings.
- Kick a soccer ball around.
- Run.
- Dig holes in the backyard.
- Plant a garden.
- Listen to music.
- Dance to music.
- Do yoga or meditate.
- Substitute good thoughts for bad.
- Think of things that make you happy.
- Ask questions.
- Write in a diary.
- Read a joke book.
- Have a pretend conversation.
- Find a friend to be with.
- Talk to someone you trust.
- Stand up for yourself.
- Do something for someone else.
- Apologize.
- Make restitution.
- Learn to do something really well.
- Say "I am hurt by what you did."
 Doing Something Really Well
Further Reading


About the Author

Jane F. Gilgun, PhD, LICSW, is a professor, School of Social Work, University of Minnesota, Twin Cities, USA. This is what Jane says about herself: I have worked with families and children for many years. I learned a lot from them, especially how complicated anger can be when people don’t learn at young ages how to express it constructively. In the families I has worked with, anger almost always was the tip of an iceberg, covering up many strong negative emotions, such as hurt, sadness, fear, self-hatred, and almost anything bleak you can think of. Often people with serious anger issues have unattended trauma in their backgrounds.

This workbook and the companion manual for professionals are my attempt to foster healthy expression of anger. Anger can be constructive, can open channels of communication, and can deepen and strengthen relationships. Left unexpressed, anger picks up many other meanings until the mass of hurt, rage, sadness, and fear threatens quality of life.

I have many articles and books for parents and professionals that are available on the Internet, many of them free and all low cost. I worked at a public Rhode Island child welfare social service agency for several years and then became a professor. I also write children’s books, non-fiction, and articles that are available on Amazon Kindle, Smashwords, and scribd.com for a variety of mobile devices like Kindle, iPad, & Nook. I have many videos on YouTube that include the landscapes in Northwest Ireland, trail riding in Minnesota and elsewhere, horse racing, pig racing, and more.

My interests include my horses, Padron’s Elegante (Ellie) and Finn MacCool, who are mother and son, my dog Jazz, gardening, photography, cooking, the arts, and spending time in County Leitrim and County Sligo, Ireland.

I have a Ph.D. from Syracuse University in child and family studies and other graduate degrees from the University of Chicago in social service administration and from the Catholic University of Louvain, Belgium, in family studies and sexuality. I also have a bachelor’s and master’s in English (poetry) from the Catholic University of America and the University of Rhode Island. I am a professor, School of Social Work, University of Minnesota, Twin Cities, and a licensed independent clinical social worker.