

PREPARATION PHASE: TAKING CARE OF MYSELF
(HRA PROJECT)

DAY 2/ MORNING

SESSION 3: COPING WITH ANGER

OBJECTIVES:

1. Mothers will increase their supporting each other.
2. Mothers will identify angry feelings.
3. Mothers will express angry feelings in a safe environment.
4. Mothers will increase their skills in telling someone they are angry.
5. Mothers will increase their relaxation skills.
6. Mothers will increase their self-esteem.

RATIONALE:

There are several assumptions underlying this session. First, mothers living with AIDS and recently diagnosed may feel intense anger. Yet as women they have been socialized to believe that they do not have a right to feel angry or to express it. Also they fear losing control, hurting themselves, hurting others and retribution. Based on the research literature, it is assumed that the inability to express anger and do it appropriately can lead to somatic complaints and physical illness - of which these mothers already have enough.

This session helps mothers identify angry feelings, own their feelings, and believe that they have the right to feel angry in the first place. Using techniques such as the empty chair, the mothers learn how to express anger in a controlled fashion. Through role playing they practice telling someone else they are angry while following assertiveness guidelines. As relaxation has been shown to be a critical intervention in anger management, relaxation strategies are practiced also.

PROCEDURES:

1. Introduce the participants, give out "Thanks," review the past session, check on caring for themselves, review homework, answer administrative questions, and do a lottery. (15 minutes)
2. Introduce the topic of anger with a scene and then use the Feeling Thermometer to link situations to

- anger. Explore issues about having the right to feel angry. (20 minutes)
3. Practice expressing anger in a controlled setting using the empty chair technique. (30 minutes)
 4. Practice relaxation. (10 minutes)
 5. Practice telling someone you are angry through role playing and following assertiveness guidelines. (30 minutes)
 6. End with free time for sharing something special, a positive mantra, and showing appreciation to each other. (15 minutes)

MATERIALS:

Thanks
Lottery Tickets
Lottery Prize
Workbooks
Scenes for Session 3:
 2 Sisters - Monique and Lacy;
 The Sweater
 Grace and Maria
Feeling Thermometer for Anger
Relaxation: Special Style
Guidelines for Standing Up for Yourself

Notes to the Facilitator:

1. **Bold** letters tell you what the purpose of the exercise is and highlight points to make. **CAPITAL** letters tell you what to do. Small case letters tell you what to say. Once you have become familiar with what to say, use **your own words**. Do not read your lines to the group.
2. Begin each session 5 minutes ahead of time in order to cover any administrative matters.

Exercise 1: What Happened Between Sessions?
(15 minutes)

[The purposes of this exercise are to increase self-esteem and build group cohesion. Positive introductions, review of self-help efforts, and a lottery are used.]

FACILITATOR SAYS

Welcome back!

I am really glad to see you here.

We need to **introduce** ourselves.

Please tell us your first name and one quality of your personality that you really like about yourself.

For example, a woman might say, "My name is Shirley, and I like that I am very honest."

I'll show you what I mean.

My name is _____ and one personality characteristic I really like about myself is _____.

GO AROUND THE ROOM. HAVE EVERYONE TELL HER FIRST NAME AND ONE THING SHE REALLY LIKES ABOUT HERSELF. INCLUDE THE CO-FACILITATOR.

Thank you!

That was great.

GIVE OUT "THANKS" FOR THE INTRODUCTIONS.

Here are your "**Thanks**" to use in showing appreciation today.

GIVE OUT TWENTY "THANKS" FOR USE IN THE SESSION.

What kinds of things have you done between sessions to **make life better** for yourself?

GIVE EACH PERSON A CHANCE TO RESPOND. ENCOURAGE RESPONSES AND GIVE OUT "THANKS."

At the end of the last session I asked you to tell your fears to a group member during the time between session and to try some relaxation.

Who did that and how did it go?

ENCOURAGE RESPONSES AND GIVE OUT "THANKS." CHECK FOR OBSTACLES IN DOING THE BETWEEN-SESSION TASK AND PROBLEM SOLVE ONE OR TWO.

Here is today's **lottery** gift.

HOLD UP LOTTERY GIFT.

Please write your name on a lottery ticket and put it in the cup.

HAVE EACH WOMAN WRITE HER NAME ON A LOTTERY TICKETS, COLLECT THE TICKETS AND PUT THEM IN A BOWL. MIX UP THE TICKETS, HAVE SOMEONE DRAW, ANNOUNCE A WINNER, AND GIVE OUT A PRIZE.

This morning we will learn how to handle angry feelings.

Exercise 2: Is It All Right To Feel Angry?
(20 minutes)

[The purposes of this exercise are to increase the mothers' comfort in admitting they have angry feelings and to be able to recognize when they are angry. A script, building a group list on when one has a right to feel angry, and the Feeling Thermometer are used.]

In today's session we want you to find out

1. what your words are for feeling angry,
2. what you do when you feel angry,
3. how you feel it in your body,
4. and how you express it without hurting yourself.

Many women are taught throughout their lives that they should not feel anger or express it.

We are told we don't have the right to feel angry.

This denial that we have a right to feel angry is particularly true with men.

Being afraid to express anger happens with others also.

Watch this little scene called "Two Sisters: Monique and Lacy."

ASK FOR TWO VOLUNTEERS TO READ THE SCENE. DECIDE WHO WILL PLAY MONIQUE AND WHO WILL PLAY LACY. THEN HAVE THEM READ THE SCRIPT ALOUD TO THE GROUP. IF NO ONE VOLUNTEERS, THE FACILITATOR AND CO-FACILITATOR ACT OUT THE SCENE CALLED TWO SISTERS.

TWO SISTERS: MONIQUE AND LACY

LACY: Monique, how come you didn't tell me, your own sister, that you had AIDS?

MONIQUE: How did you find out?

LACY: Mom told me.

MONIQUE: Shit! I told her not to say anything.

LACY: Well, she did. So how come you didn't tell me?

MONIQUE: I was afraid how you would react.

LACY: I can't believe you were so dumb.

MONIQUE: What do you mean?

LACY: You remember I told you over and over again to stop shooting up and sleeping around.

MONIQUE: You told me.

LACY: I mean I'm sorry you got AIDS, but you never listened to me.

MONIQUE: I need talking to you like a hole in the head.

THE END

Would Monique feel angry talking to her sister?

OBTAIN RESPONSES.

Does Monique have a right to feel angry?

OBTAIN RESPONSES.

I would like each person to give me one situation in which you think a woman has a right to feel angry.

GO AROUND AND ASK EACH PERSON FOR ONE REASON. PUT UP THE SITUATIONS ON NEWSPRINT.

Those are good examples.

Let's see if we can build a group list of when a woman has a right to feel angry.

HAVE THE GROUP MAKE A LIST OF RIGHTS. IF SOME OF THE SITUATIONS LISTED BELOW ARE NOT MENTIONED, BRING THEM UP FOR CONSIDERATION. THE FOLLOW LIST IS FOR THE

FACILITATOR'S USE ONLY. ENABLE THE GROUP TO MAKE THEIR OWN SET OF RIGHTS.

FACILITATOR'S EXAMPLES OF ANGER RIGHTS LIST

I HAVE THE RIGHT TO FEEL ANGRY IF SOMEONE

CALLS ME A NAME

ACTS LIKE THEY OWN MY BODY

PRESSURES ME TO USE DRUGS

SAYS HURTFUL THINGS TO ME

HITS OR PUSHES ME

THREATENS ME

TRIES TO KEEP ME FROM SEEING OTHER PEOPLE

CONSTANTLY TELLS ME WHAT TO DO

NEVER SHOWS ANY APPRECIATION

REFUSES TO PRACTICE SAFER SEX

Look at this list we made.

Do you agree with it?

Would you add or take away from it?

ENCOURAGE RESPONSES. MAKE CHANGES AND ADDITIONS AND FOCUS ON RIGHTS OF WOMEN.

It sounds like you all agree that women have the right to be angry in certain situations.

Here is a Feeling Thermometer to let you identify some of your own feelings and situations.

HOLD UP THE PAGE WITH THE FEELING THERMOMETER FOR ANGER. HAND OUT A COPY TO

EVERYONE.

I am going to ask you what your Feeling Thermometer reading would be in two different situations just to get us started.

You may feel some other emotion - not anger.

That is fine.

They are your feelings - no one else's - and there is no right or wrong about how you feel.

I'll read the two situations, and you rate how much comfort you experience.

For example, let's say the situation was that my partner tried to get me to drink too much so that he could have unsafe sex with me and I had already told him that unsafe sex was something I wouldn't permit.

I would be furious.

I would give that a 90 on the comfort scale.

90 means very strong discomfort, and 0 means totally comfortable.

Has everyone got it?

CHECK OUT THE UNDERSTANDING AND READ THE SITUATIONS ON THE FEELING THERMOMETER:

1. A FAMILY MEMBER SAYS, "IF YOU HAD BEEN MORE CAREFUL, YOU WOULDNT HAVE AIDS."
2. YOUR DOCTOR MAKES YOU WAIT THREE HOURS BEFORE SEEING YOU AND IS THEN RUDE.

WHEN EVERYONE IS FINISHED, ASK SOME QUESTIONS.

What are some examples of situations in which you would feel really angry?

ENCOURAGE RESPONSES AND BUILD A GROUP LIST. GIVE OUT "THANKS."

What words do you use to express anger?

For example, words like "pissed off."

ENCOURAGE RESPONSES.

What do you do when you feel angry?

ENCOURAGE RESPONSES.

What body sensations do you feel when you are angry?

ENCOURAGE RESPONSES.

Let's talk about expressing anger for a few minutes.

Exercise 3: How Can I Express My Anger Safely?
(30 minutes)

[The purpose of this exercise is to increase mothers' skills in expressing anger in a safe and constructive fashion. The empty chair approach is used.]

Some women fear expressing anger because they think they might get out of control and hurt someone or hurt themselves.

They fear doing something they don't want to do.

Anger is a feeling not an action.

You can recognize and talk about your anger without action.

Even though you may have seen someone show uncontrollable anger, you will learn to cope with anger here.

Bottled up anger can seep out in ways you may not be aware of and in ways you don't want.

Also bottled up anger can make you physically sick.

Anger is usually directed toward someone.

Think of someone toward whom you feel a lot of anger.

If you can't think of anyone you have strong anger toward, we will accept medium intensity of anger also.

Or you can pick someone you may be angry at but are not sure about.

So, take a moment and think of that person toward whom you feel angry.

OK, now I would like to divide the group in half again.

DIVIDE THE GROUP IN HALF. BY DIVIDING THE GROUP IN HALF, EACH PERSON HAS MORE TIME TO PRACTICE EXPRESSING ANGER. A FACILITATOR GOES WITH EACH SMALL GROUP.

HAVE THE MOTHERS SIT IN A CIRCLE. PLACE TWO CHAIRS FACING EACH OTHER IN THE MIDDLE OF THE TWO SMALL CIRCLES.

I am going to ask one of you to come here and sit in one of the chairs.

Everybody will have a chance.

Imagine that the person toward whom you feel anger is sitting in the other chair.

I want you to tell them how you feel.

Talk to them about it.

I'll show you what I mean.

MODEL TALKING TO THE PERSON. USE A REAL EXPERIENCE OR CREATE ONE. EXPRESS STRONG ANGER. KEEP IT GOING FOR A MINUTE OR TWO.

EXAMPLE: MOTHER, I AM REALLY ANGRY WITH YOU. YOU ACT LIKE I DON'T EXIST ANY MORE. I CALL AND YOU DON'T ANSWER. LITTLE SISTER SAYS YOU HAVE FORBIDDEN ANYONE TO MENTION MY NAME IN THE HOUSE. HOW CAN YOU BE SO CRUEL? WHAT DID I EVER DO TO YOU? DON'T YOU REMEMBER WHEN YOU WERE IN THE HOSPITAL I CAME EVERY DAY. NOW WHAT DID I GET FOR IT? I CAN'T BELIEVE YOU HAVE BECOME SUCH A HATEFUL PERSON.

Here are a few instructions.

You can stand or sit when you talk to the empty chair.

Get your body in an angry posture.

Use your hands to gesture.

Really feel the anger.

If time becomes a problem, I will tell you that you have one more minute.

Who will volunteer to start us off?

Tell us who is in the empty chair.

Go ahead and begin.

SELECT SOMEONE TO BEGIN AND GIVE THAT PERSON A "THANKS" FOR GOING FIRST BEFORE THEY BEGIN.

ALLOW FOUR MINUTES PER PERSON. AFTER THE FIRST PERSON IS FINISHED, GO AROUND THE ROOM ASKING EACH PERSON TO COME UP ONE AT A TIME AND TALK TO THE EMPTY CHAIR.

IF SOMEONE HAS TROUBLE, ASK IF HAVING THE FACILITATOR SIT IN THE OTHER CHAIR WOULD HELP. IF SO, DO IT. IF NOT, PROVIDE ENCOURAGEMENT.

COACH THEM WITH QUESTIONS IF THEY GET STUCK. EXAMPLES OF QUESTIONS ARE AS FOLLOWS:

HAVE YOU TOLD HIM/HER HOW YOU REALLY FEEL?
DID YOU LET HOW YOU FEEL COME OUT?
DID YOU PRESENT ALL THE TRUTH?
DID YOU HOLD BACK?
DID YOU TELL HIM/HER HOW YOU WANTED HER/HIM TO ACT?
DID YOU TELL HIM/HER WHAT YOU WOULD LIKE TO DO TO HIM/HER?
IS THERE ANYTHING YOU WANT HIM/HER TO DO NOW?

GIVE OUT "THANKS."

Let's take a few minutes and discuss how that experience was for each of you.

How did you feel while you were talking to the empty chair and how do you feel now?

ENCOURAGE RESPONSES AND SHARING. AFTER ABOUT FIVE MINUTES OF DISCUSSION, BRING THE TWO GROUPS BACK TOGETHER.

So, one thing you can do with anger is to express it through your imagination with other supportive people, in

a safe setting.

Exercise 4: How Can I Relax?
(15 minutes)

[The purpose of this exercise is to relax the mothers after having expressed their anger. A relaxation sequence is the approach employed.]

An exercise like that last one can make you feel very tense.

As we said before, learning to relax is another technique which can be used to make you feel better.

Relaxing is one of the most important ways to cope effectively.

Let us try another relaxation approach.

This time in addition to calming you I want you to see which way to relax works best for you.

LEAD THE GROUP THROUGH THE RELAXATION SEQUENCE.

RELAXATION EXERCISE

Each person has her own special style.

That is true in relaxation as well.

In this exercise we will try several different approaches so that you can begin to discover what works best for you.

As you breathe out, you get rid of the waste, tensions, and negatives that have built up within you.

So you can calm and purify yourself through relaxation.

As you breathe in, you take in oxygen and make energy. So you can create power within yourself through relaxation.

In these exercises we will work on calming yourself.

Get yourself in a comfortable position. (PAUSE) Do you feel comfortable?

Please pay attention to your breathing.

Place your hand on your stomach and observe your breathing. Feel your hand going up and down with your breath. (PAUSE)

Don't try to change your breathing. Just observe it. (PAUSE)

Now become aware of your breathing out and your breathing in. (PAUSE)

Breathe in and pause. Breathe out and pause.

Breathe in and pause. Breathe out and pause.

Breathe in and pause. Breathe out and pause.

Now just pay attention to breathing out.

If you wish to close your eyes, that is fine.

Breathe out three times.

Out (PAUSE)

Out (PAUSE)

Out (PAUSE)

Can you feel your breath like a gate swinging back and forth in the breeze? (PAUSE)

Again three times.

Out (PAUSE)

Out (PAUSE)

Out (PAUSE)

Let all the negative feelings go out with your breath. All the tension, fear, guilt, sadness. (PAUSE)

Can you feel those negative feelings flowing out of your body and mind? (PAUSE)

Can you feel the calm - the peace - filling your body? (LONG PAUSE)

Now make a tight fist with your right hand.

Can you feel the tension in your hand?

Open your hand and let the tension fly away.

Let's get rid of the tension in your body.

Check your head - the top and the back. (PAUSE)

Do you feel tension? (PAUSE)

Sigh deeply and let it go.

Check your face. (PAUSE)

Do you feel tension? (PAUSE)

Sigh deeply and let it go.

Check your neck. (PAUSE)

Do you feel tension? (PAUSE)

Sigh deeply and let it go.

Check your shoulders. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your chest. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your arms. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your stomach. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your back. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your hips. (PAUSE)

Do you feel any tension?

Sigh deeply and let it go.

Check your legs. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your feet and toes. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Sometimes the world seems too confusing, too overwhelming, too scary.

Let's go to a place that is small, familiar and comfortable.

Think of a place in your life where it was safe, comfortable, peaceful.

A place where you felt at ease and secure. (PAUSE)

Have you got it?

Really picture that place.

Do you notice the colors there? (PAUSE)

Do you notice the fragrance there? (PAUSE)

Do you hear the sounds there? (PAUSE)

Can you feel that special place on your finger tips? (PAUSE)

Can you see yourself there - feeling good, feeling calm, feeling at peace? (PAUSE)

Let yourself really sink into that special place. (LONG PAUSE)

As I count from 10 to 0, let yourself slowly come back from your special place. 10...9...8...7...6...5...4...3...2...1...0

Take a deep breath, and, if your eyes are closed, can you keep them closed a minute more?

Think of your favorite flower. (PAUSE)

See that flower as a bud - not yet open.

What color is it? (PAUSE)

Imagine that you are that flower.

See it begin to open. (PAUSE)

See it open a little more. (PAUSE) Look at the colors.

Now it is half way open. (PAUSE) The colors are becoming brighter.

Look at how beautiful the flower has become. (PAUSE)

It's fully open - how magnificent! (PAUSE)

Can you open your eyes now?

Yawn and stretch.

Yawn and stretch.

THE END

I hope everyone feels better.

Can anyone tell me which part they liked best - breathing, releasing physical tension, or imagining a pleasant scene?

OBTAIN COMMENTS.

I am going to give you the relaxation instructions.

You can put them in your workbook and use them at home.

HAND OUT A COPY OF THE RELAXATION INSTRUCTIONS.

Exercise 5: How Do I Tell Someone I Am Angry?
(30 minutes)

[The purpose of this exercise is to improve the mothers' abilities to tell someone they are angry in an assertive rather than aggressive or passive style. Showing the difference between assertive, aggressive, and passive styles, presenting guidelines on being assertive and role playing are used.]

A few minutes ago you experienced telling someone of your anger through your imagination - using the empty chair.

Now we want to work on telling someone you are angry face to face.

Some times a woman is afraid to let someone else know that she is angry because she doesn't know a good way to tell the other person.

There are ways to express anger that make things better and ways to make things worse.

First, women often don't believe they have the right to be angry - particularly with a man.

Do you have the right to say "no?"

OBTAIN A RESPONSE.

Do you have the right to your own opinions?

OBTAIN A RESPONSE.

Do you have the right to your own feelings?

OBTAIN A RESPONSE.

Do you have the right to make mistakes?

OBTAIN A RESPONSE.

Do you have the right to change your mind?

OBTAIN A RESPONSE.

Do you have the right to ignore someone's advice?

OBTAIN A RESPONSE.

What rights do you have?

ENCOURAGE SUGGESTIONS AND DISCUSS.

The second problem is that some women think they must either be aggressive - "You son-of-a-bitch. You will do it my way."

Or passive - "Whatever you say, George."

They don't know how to be assertive - standing up for their needs without ignoring the other person's needs.

When you are aggressive, you only care about your own needs.

When you are passive, you only care about the other person's needs.

Some women try to combine being passive and aggressive.

They act passive while really sticking it to the other person.

If you are dealing with someone you won't see again, it is often easier to be assertive.

I need two volunteers to show you.

Who will play the salesperson and who will play Marzella?

SELECT THE VOLUNTEERS, GIVE THEM THE SCRIPT AND HAVE THEM READ IT ALOUD.

THE SWEATER

MARZELLA: I want to return this sweater. It has a hole in it.

SALESPERSON: It was OK when you bought it.

MARZELLA: I haven't worn it. It has a hole in it. I want my money back.

SALESPERSON: No refunds.

MARZELLA: I want my money back.

SALESPERSON: I can't do it.

MARZELLA: I want my money back.

SALESPERSON: Will you please go away.

MARZELLA: Get the manager. I want my money back.

SALESPERSON: The manager's not here.

MARZELLA: Then you give me my money. I want my money back.

SALESPERSON: You sound like a broken record.

MARZELLA: Just go the cash register and get out \$25. I want my money back.

SALESPERSON: Anything to shut you up.

THE END

Thank you. That was great!

GIVE OUT "THANKS" TO THE PLAYERS.

That was an example of being assertive and using the broken record method.

The salesperson wasn't someone close to Marzella.

Next is a scene with two people who know each other.

Again I need two volunteers - one to read Grace and the other to read Maria.

SELECT TWO VOLUNTEERS AND DECIDE WHO WILL PLAY WHICH PART. HAVE TWO VOLUNTEERS READ THE SCENE ALOUD TO THE GROUP.

GRACE AND MARIA

GRACE: Maria, I really used to enjoy the times we spent talking together.

MARIA: We were big gossips.

GRACE: I have to tell you that I felt hurt and annoyed when you stopped coming around.

MARIA: I've just been very busy.

GRACE: I know you have lots to do. It helps me a tremendous amount to have someone to talk to. Is there a problem besides being busy?

MARIA: No.

GRACE: Are you sure it's not because I have AIDS?

MARIA: Well, that does make it harder.

GRACE: Can't we work something out? Tell me what your reaction is to my having AIDS.

THE END

Grace tried to follow the guidelines for being assertive and standing up for herself.

Here are the guidelines.

PASS OUT THE "GUIDELINES FOR STANDING UP FOR YOURSELF" AND GO OVER THEM.

GUIDELINES FOR STANDING UP FOR YOURSELF

1. SAY "I" INSTEAD OF "YOU."
2. START WITH A POSITIVE REMARK.
3. STATE HOW YOU FEEL.
4. STATE WHAT YOU WANT AND GIVE YOUR REASONS.
5. SAY WHAT THE OTHER PERSON WANTS.
6. EXPLAIN THAT YOU WOULD LIKE TO SOLVE THE PROBLEM TOGETHER.
7. OFFER A SUGGESTION.

First, start with the word "I" and not the word "You."

"I want." "I will not do that." "I don't like....."

Instead of "You made me angry." "You did it." "You caused this problem."

Second, start with a positive remark.

"I have appreciated the help you have been giving me."

"I know my being sick is not easy for you."

Third, state how you feel.

"I am annoyed..."

Fourth, state what you want and give your reasons.

"I want you to stop pressuring me because it makes me all tense."

Fifth, say what the other person wants.

"I know you want me to spend more time with you."

Sixth, explain that you want to solve the problem together.

"Isn't there some way that we can both get our needs met?"

Seven, offer a suggestion.

"Before you say you won't help me, give me a chance to explain myself."

Now let's take some time to practice telling someone that you are angry, irritated, annoyed.

I will play the person toward whom you feel angry.

First, I will tell you who I am - like a boy friend or sister.

Second, I will say something to you that is designed to provoke you.

Using the assertive method, tell me that you are angry and want a change.

The two of us will sit in the middle of the room.

Everyone will have a chance.

PLACE TWO CHAIRS IN THE MIDDLE OF THE ROOM. THE FACILITATOR SITS IN ONE CHAIR AND A MOTHER IN THE OTHER CHAIR. ONE FACILITATOR CAN DO THE FIRST FIVE MOTHERS AND THE OTHER FACILITATOR THE NEXT FIVE IF THAT IS APPROPRIATE. ONE MOTHER AFTER ANOTHER WILL COME UP AND PLAY HER PART OPPOSITE THE FACILITATOR.

BE PROVOCATIVE FOR A WHILE. EACH ROLE PLAY SHOULD BE ONLY A FEW MINUTES LONG.

AFTER EACH ROLE PLAY GIVE THE MOTHER A "THANKS." ALSO AFTER EACH ONE, ASK FOR

FEEDBACK. "WHAT IS ONE THING THE MOTHER DID THAT YOU LIKED AND ONE THING YOU WOULD DO DIFFERENTLY?" KEEP THE PROCESS MOVING ALONG.

THE PROVOCATIVE LINES FOLLOW. PUT LOTS OF FEELING INTO THEM.

1. (I'm your boy friend) I don't care what you say. We are having sex now, and I'm not using a condom. The idea that you can get re-infection is nonsense.
2. (I'm your sister) Just because you baby-sat for me doesn't mean I have to sit for your kids. I'm busy. Go hire somebody.
3. (I'm your girl friend) I know you want me to come visit you, but I don't want to get AIDS. I feel very scared coming over there, and someone might see me.
4. (I'm your social worker) How was I to know you did not want me to tell your son's teacher that you had AIDS. I thought everybody knew. You can't keep things from getting around.
5. (I'm your aunt) I'm sorry that you are sick, but it is your own fault. I kept telling you that man was no good. You wouldn't listen.
6. (I'm your mother) I must have failed as a mother. I thought I brought you up not to take drugs and go around having sex. Now look at you.
7. (I'm your uncle) Yes, I could lend you some money, but you aren't too good with money. I'd never see it again.
8. (I'm your son's teacher) Your son behaves poorly in class. Don't you know how to control him? What kind of a parent are you?
9. (I'm your boy friend) I know you made me a nice dinner and expected me at 7:00, but I got drinking with my buddies and before I knew it, it was midnight.
10. (I'm your boy friend) You say you saw me with Isabel. You must be crazy. That woman's poison. You must have seen somebody else.

Those were some great role plays.

How did you feel and what were your reactions?

ENCOURAGE SHARING AND DISCUSSION.

I want to make two points before we stop this exercise.

First, just because you have expressed your anger in a calm and straightforward manner doesn't mean that other people will give you what you want.

Expressing your anger will work out better, but you won't have 100 percent success.

Even when you are assertive, people may be aggressive back to you.

Second, expressing anger to some people - no matter how you do it - can be dangerous.

You can get hit or verbally abused.

Use your gut feeling to tell you when it is dangerous.

Exercise 7: Can I Share Something Special?

(15 minutes)

[The purposes of this exercise are to allow for individual expression in a non-structured fashion and to build group cohesion. Providing time for special sharing and giving appreciation to each other are the methods used.]

We are at the end of the session.

We set aside 10 minutes at the end of each session for those of you who want to share some comments with the group.

It's open time now for those of you who wish to speak.

ALLOW TEN MINUTES FOR SHARING.

In other sessions at the end we repeated a saying together.

Here is the poster with the words written on them.

PUT UP THE POSTER.

"NO MATTER WHAT ANYONE SAYS OR DOES TO ME OR WHAT I THINK OF MYSELF, I AM A GOOD PERSON."

Does anyone have a statement they would like us to use?

We want something that affirms our strengths and goodness.

ENCOURAGE COMING UP WITH ANOTHER MANTRA. USE WHAT THE GROUP OFFERS OR, IF THEY PREFER, CONTINUE WITH THE OLD ONE.

Now, let's show appreciation to each other.

ENCOURAGE GIVING OUT "THANKS" AND VERBAL SUPPORT TO EACH OTHER. MAKE SURE

EVERYONE IS INCLUDED.

Thanks a lot for your participation today.

You are a great group, and I look forward to seeing you after lunch.

THE END OF SESSION 3

TWO SISTERS: MONIQUE AND LACY

LACY: Monique, how come you didn't tell me, your own sister, that you had AIDS?

MONIQUE: How did you find out?

LACY: Mom told me.

MONIQUE: Shit! I told her not to say anything.

LACY: Well, she did. So how come you didn't tell me?

MONIQUE: I was afraid how you would react.

LACY: I can't believe you were so dumb.

MONIQUE: What do you mean?

LACY: You remember I told you over and over again to stop shooting up and sleeping around.

MONIQUE: You told me.

LACY: I mean I'm sorry you got AIDS, but you never listened to me.

MONIQUE: I need talking to you like a hole in the head.

THE END

FEELING THERMOMETER ON ANGER

100 VERY UNCOMFORTABLE
90
80
70
60
50
40
30
20
10
0 COMPLETELY COMFORTABLE

SITUATIONS

TEMPERATURE
READING

1. A FAMILY MEMBER SAYS, "IF YOU HAD BEEN
 MORE CAREFUL, YOU WOULDN'T HAVE AIDS."

3. YOUR DOCTOR MAKES YOU WAIT THREE HOURS
 BEFORE SEEING YOU AND IS THEN RUDE.

RELAXATION EXERCISE

Each person has her own special style. That is true in relaxation as well. In this exercise we will try several different approaches so that you can begin to discover what works best for you.

As you breathe out, you get rid of the waste, tensions, and negatives that have built up within you. So you can calm and purify yourself through relaxation.

As you breathe in, you take in oxygen and make energy. So you can create power within yourself through relaxation.

In these exercises we will work on calming yourself.

Get yourself in a comfortable position. (PAUSE) Do you feel comfortable?

Please pay attention to your breathing.

Place your hand on your stomach and observe your breathing. Feel your hand going up and down with your breath. (PAUSE)

Don't try to change your breathing. Just observe it. (PAUSE)

Now become aware of your breathing out and your breathing in. (PAUSE)

Breathe in and pause. Breathe out and pause.

Breathe in and pause. Breathe out and pause.

Breathe in and pause. Breathe out and pause.

Now just pay attention to breathing out.

If you wish to close your eyes, that is fine.

Breathe out three times.

Out (PAUSE)

Out (PAUSE)

Out (PAUSE)

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Can you feel your breath like a gate swinging back and forth in the breeze? (PAUSE)

Again three times.

Out (PAUSE)

Out (PAUSE)

Out (PAUSE)

Let all the negative feelings go out with your breath. All the tension, fear, guilt, sadness. (PAUSE)

Can you feel those negative feelings flowing out of your body and mind? (PAUSE)

Can you feel the calm - the peace - filling your body? (LONG PAUSE)

Now make a tight fist with your right hand.

Can you feel the tension in your hand?

Open your hand and let the tension fly away.

Let's get rid of the tension in your body.

Check your head - the top and the back. (PAUSE)

Do you feel tension? (PAUSE)

Sigh deeply and let it go.

Check your face. (PAUSE)

Do you feel tension? (PAUSE)

Sigh deeply and let it go.

Check your neck. (PAUSE)

Do you feel tension? (PAUSE)

Sigh deeply and let it go.

Check your shoulders. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

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Check your chest. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your arms. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your stomach. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your back. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your hips. (PAUSE)

Do you feel any tension?

Sigh deeply and let it go.

Check your legs. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Check your feet and toes. (PAUSE)

Do you feel any tension? (PAUSE)

Sigh deeply and let it go.

Sometimes the world seems too confusing, too overwhelming, too scary.

Let's go to a place that is small, familiar and comfortable.

Think of a place in your life where it was safe, comfortable, peaceful.

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A place where you felt at ease and secure. (PAUSE)

Have you got it?

Really picture that place.

Do you notice the colors there? (PAUSE)

Do you notice the fragrance there? (PAUSE)

Do you hear the sounds there? (PAUSE)

Can you feel that special place on your finger tips? (PAUSE)

Can you see yourself there - feeling good, feeling calm, feeling at peace? (PAUSE)

Let yourself really sink into that special place. (LONG PAUSE)

As I count from 10 to 0, let yourself slowly come back from your special place. 10...9...8...7...6...5...4...3...2...1...0

Take a deep breath, and, if your eyes are closed, can you keep them closed a minute more?

Think of your favorite flower. (PAUSE)

See that flower as a bud - not yet open.

What color is it? (PAUSE)

Imagine that you are that flower.

See it begin to open. (PAUSE)

See it open a little more. (PAUSE) Look at the colors.

Now it is half way open. (PAUSE) The colors are becoming brighter.

Look at how beautiful the flower has become. (PAUSE)

It's fully open - how magnificent! (PAUSE)

Can you open your eyes now?

Yawn and stretch.

Yawn and stretch.

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GUIDELINES FOR STANDING UP FOR YOURSELF

1. SAY "I" INSTEAD OF "YOU."
2. START WITH A POSITIVE REMARK.
3. STATE HOW YOU FEEL.
4. STATE WHAT YOU WANT AND GIVE YOUR REASONS.
5. SAY WHAT THE OTHER PERSON WANTS.
6. EXPLAIN THAT YOU WOULD LIKE TO SOLVE THE PROBLEM TOGETHER.
7. OFFER A SUGGESTION.

THE SWEATER

MARZELLA: I want to return this sweater. It has a hole in it.

SALESPERSON: It was OK when you bought it.

MARZELLA: I haven't worn it. It has a hole in it. I want my money back.

SALESPERSON: No refunds.

MARZELLA: I want my money back.

SALESPERSON: I can't do it.

MARZELLA: I want my money back.

SALESPERSON: Will you please go away.

MARZELLA: Get the manager. I want my money back.

SALESPERSON: The manager's not here.

MARZELLA: Then you give me my money. I want my money back.

SALESPERSON: You sound like a broken record.

MARZELLA: Just go the cash register and get out \$25. I want my money back.

SALESPERSON: Anything to shut you up.

THE END

GRACE AND MARIA

GRACE: Maria, I really used to enjoy the times we spent talking together.

MARIA: We were big gossips.

GRACE: I have to tell you that I felt hurt and annoyed when you stopped coming around.

MARIA: I've just been very busy.

GRACE: I know you have lots to do. It helps me a tremendous amount to have someone to talk to. Is there a problem besides being busy?

MARIA: No.

GRACE: Are you sure it's not because I have AIDS?

MARIA: Well, that does make it harder.

GRACE: Can't we work something out? Tell me what your reaction is to my having AIDS.

THE END