

A script from



## “Anger Management 101”

by  
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- What** Two skits in one = A funny anger management support group meets with a self-help approach to their problems. Themes: Self-control, Anger, Suffering, Freedom, Support, Opening up, Sharing
- Who** Facilitator (male or female; “hippie”)  
Steve (male; NFL football player)  
Ian (male; British)  
Kirsten (female; postal worker)  
Tyler (male or female)
- When** Present
- Wear (Props)** Semicircle of chairs facing the audience  
Football jersey or shirt with 89 on it & maybe a football  
Maybe balloons or wadding to “pump up” Steve’s character  
Table of snacks
- Why** James 1:19-20; Eph 4:26-27, 29-32; Col 3:8; 1Cor. 13:4-6; 1Tim.2:8; Gal.5:22-24
- How** This skit begins with humor but ends with some very serious questions. Ending #1 leads into a talk on being angry and honest with God or a talk on where God is when you’re suffering. Ending #2 leads into a talk on anger or self-control.
- Time** Approximately 3-5 minutes; This script is 4½ pages long

*Kirsten & Ian are seated; Facilitator is straightening the chairs and preparing the circle.*

**Facilitator:** All right everybody! It's that time. Come join the circle. We have several new people with us today. *(Acknowledges the audience as the other half of the circle)*

**Ian:** There are no sticky buns left. Who took the last sticky bun? *(Temper starts rising)* Did you take the last one?

**Facilitator:** *(To the rescue)* Now Ian, how do we react? Deep breaths.

*Start funky breathing pattern together*

**Facilitator:** Good, Ian. Now let's join the group. Come on . . . Welcome, everybody. Welcome to "Anger Management 101." I'm so glad you're here.

**Kirsten:** Where's Steve? He's supposed to be here. If I have to be here, he has to be here. We should definitely call somebody.

**Facilitator:** Kirsten, what's our "peaceful self principle number 17"?

**Kirsten:** *(Calms herself down by chanting to herself and breathing)* I can only control myself—not others. *(Deep breath)* I can only control myself—not others.

**Facilitator:** Let's all affirm Kirsten for putting principle 17 into practice. *(Try to get audience involved)*

**Ian:** We affirm you, Kirsten.

*Steve rushes in*

**Steve:** You would not believe this idiot that was in front of me on the way over here! I hurry out of practice just to get here, and then this nutcase in an old sputtering Pinto holds me up at every light.

*The group looks nervous*

**Facilitator:** And what did you do?

**Steve:** I counted to 100 and thought happy thoughts of Super Bowl Rings.

*Everybody breathes a sigh of relief*

**Facilitator:** Well, since most of us are here now, let's get started. Who would like to go first?

**Kirsten:** I will! *(Looks around to the group, including the audience)* Hi, I'm Kirsten.

*Facilitator gets everyone—including the audience—involved.*

**Everybody:** Hi, Kirsten. Be at peace. *(Wave & then use a new-agey "be at peace" hand motion)*

**Kirsten:** Well, this week was pretty good. I only had one major explosion, but nobody was hurt. I was in the back mailroom . . .

**Steve:** *(Being goofy)* Did you go postal?

**Facilitator:** Steve, you're not helping.

**Kirsten:** Anyway . . . I was in the back mailroom and came across a whole box of letters that hadn't been delivered. Somebody stuck them in the wrong spot. I was so mad that I dumped the box all over.

**Ian:** Kirsten!

**Kirsten:** But then, I pulled myself together, used "peaceful self principle 12," and was fine.

**Facilitator:** Success! Fantastic, Kirsten. Let's affirm Kirsten, everyone.

**Ian:** We already did once.

**Facilitator:** Everyone . . .

**Everybody:** We affirm you, Kirsten.

*To read the rest of this script and perform it, download the full version at [SkitGuys.com!](http://SkitGuys.com)*

**ENDING:**

**Facilitator:** Tyler, since it's your first time, why don't you just tell us a little about yourself and why you came today.

*Tyler gradually moves to center stage and out front. Lights dim around him so that his conversation begins to take place to "Someone" out there instead of to the group. The group remains still until they're completely out of the light.*

**Tyler:** *(Desperately)* Well...you see...well, I have this problem. I try to control it, but I just get so angry sometimes. It just boils up from within me. I want to be different. I've noticed my friends not wanting to be around me as much. Even my girlfriend *(or boyfriend)* is even a little afraid of me, though she *(or he)* hasn't said anything. I say things I don't really

mean. I've done things I can't take back. I've tried turning over a new leaf. I've tried to talk myself out of it. I don't know what to do! I feel like I'm ruining my relationships...my life. I need help. It feels like a fight I can't win. I keep doing the things I don't want to do! It's like a part of me needs to completely die and something or someone else take over. How do I win this battle? How do I get control? How do I find victory?

*Lights down. The end.*