ANGER CASE STUDIES

Charles Barkley
At 2:00 a.m. on Sunday, October 26, 1997, Houston Rockets basketball player Charles Barkley was drinking at an Orlando, Florida, bar with friends. An off-duty police officer working at the club said that Barkley had been relaxing and signing autographs. For reasons that were not reported, a man named Jorge Lugo, who was five feet, two inches tall and weighed 110 pounds, shouted curses and threw a cup of ice at the six-foot, six-inch, 252-pound Barkley. Barkley’s friend wanted to confront Lugo, but Barkley told her to ignore him. Lugo then threw a glass, hitting the woman in the jaw and knocking her off her chair. At this point, Barkley chased the man, lifted him over his head and threw him through a plate-glass window.

Barkley was arrested and charged with aggravated battery and resisting arrest without violence. (Aggravated battery is a second-degree felony with a penalty of up to 15 years in prison. Resisting arrest without violence is a first-degree misdemeanor with a penalty of up to one year in jail.) Barkley told reporters: “I’m always a target, but I’ll never back down. The public does not have a right to do things to you. If you bother me, I’m going to whip your ass. The guy threw ice in my face and I slammed his ass into the window. I’m not denying that I defended myself. He got what he deserved.”

Source: The Orlando Sentinel, October 27, 1997.

Jose Canseco
Former American League Rookie of the Year baseball player Jose Canseco was arrested in Miami on November 6, 1997, for assaulting his wife. The two had been arguing after a night out. Jessica Canseco told police her husband hit her in the face and on the back of the head while they were in a friend’s car. Canseco was charged with simple battery, a first-degree misdemeanor punishable by up to one year in prison. Canseco had previously been charged in 1992 for assaulting his first wife, Esther. He allegedly hit her car with his car. Prosecutors dropped those charges after he agreed to counseling.


Questions for the group: What could Barkley and Canseco have done to prevent these situations from happening? Is losing your temper worth all the trouble it can cause you afterward?