



Anger Management – Understanding Anger

Description: *This course will teach participants how to recognize how anger affects your body, your mind, and your behavior, use the five-step method to break old patterns and replace them with a model for assertive anger, use an anger log to identify your hot buttons and triggers., control your own emotions when faced with other peoples' anger, identify ways to help other people safely manage some of their repressed or expressed anger and communicate with others in a constructive, assertive manner.*

Session One: Course Overview.

Session Two: What is Anger?

- About Anger
- Pre-Assignment Review.

Session Three: Costs and Pay-Offs

- The Costs of Anger
- What Are Your Anger Pay-Offs?

Session Four: The Anger Process

- What is the Process?
- Understanding Trigger Thoughts
- Using an Anger Log
- Considering Our Anger

Session Five: How Does Anger Affect Our Thinking?

- Is Anger the Best Response?
- Distorted Thinking

Session Six: Understanding Behavior Types

- The Four Major Types

Session Seven: Managing Anger

- Coping Strategies
- Sanctuary
- Relaxation Techniques

Session Eight: Communication Tips and Tricks

- Asking Good Questions
- Active Listening Skills
- The Assertive Formula
- Workshop Wrap-Up