

ANGER MANAGEMENT

When you become angry at even the most minor of situations or if you find yourself lashing out unnecessarily at people you work with, your anger is out of control. This leads to many difficulties with your career and relationships.

Anger can be managed given proper motivation and tools. This program provides several tools that will help participants to control anger and begin to change their anger patterns. *Anger Management* is a 12-hour course in three parts over a two-month period. The individual and team activities will stimulate interest and reinforce key concepts that you can apply right away.

COURSE OBJECTIVES

Upon completion, participants will be better prepared to:

- Work through a detailed analysis of recent anger events and then review, re-script, and role play several events in order to fully master anger management principles and skills that can help them avoid unacceptable behaviors.
- Use a new way of communicating that emphasizes winning against anger by learning how to “lose,” when conflicts arise as a result of inappropriate expressions of anger. Participants will practice using specific phrases in a wide range of typical anger scenarios to gain experience in expressing themselves in ways that are safer and more helpful.
- Understand a belief system that promotes 20 important attitudes and values, thus disabling some of their anger triggers. Using beliefs and attitudes that are safer and more constructive, participants can respond more appropriately to stressful situations.
- Design a recovery plan to continue working on their anger following completion of the course, and make a formal commitment to diligently work on this plan for the next 90 days.

COURSE OUTLINE

1. Overview
2. Anger Assessment Survey
3. The problem with expressing anger
4. Principles for peace, happiness and permanent change
5. Communicate phrases to avoid creating an anger crisis
6. Follow through