

ANGER MANAGEMENT GROUP AGENDA

GOAL: To learn necessary skills to successfully manage strong emotions including anger.

WEEK 1
Introduction Rules of group Nature of anger: <ul style="list-style-type: none">● Living in nature vs. living in civilization● How we are wired to be angry● 3 levels of anger:● Anger by action and anger by attitude● Group members give examples● Be aware of concepts on coming week
WEEK 2
Review how each member's week was How we escalate-escalation scale How we escalate-rationally, physically, emotionally Need to step out and regroup Practice
WEEK 3
Review how each member's week was and how each did How our thinking affects our strong emotions Look at what activators are Present concepts of RET-irrational thinking Dogmatic absolutes: what they are How to dispute via RET disputation sheet given to members Practice
WEEK 4
Review how each member's week was and how each did Present 6 step process for how to manage strong emotions <ul style="list-style-type: none">● Recognize activators● Recognize how we are escalating● Is the emotion justified based on activator● Options available● Pick on and act on it● Evaluate success or failure● Practice

WEEK 5
<p>Review how each member's week was and how each did</p> <p>How to communicate strong emotions-encoding and decoding messages</p> <p>Styles of communication of strong emotions</p> <p>Express both emotions and reasons why</p> <p>Blocking gambits and how to effectively deal with them</p> <p>Practice</p>
WEEK 6
<p>Review how each member's week was and how each did</p> <p>How to manage strong emotions when others are angry with us</p> <p>How to judge validity or invalidity of received messages</p> <p>Practice</p>
WEEK 7
<p>Review how each member's week was and how each did</p> <p>How alcohol and other drugs affect management of strong emotions</p> <p>Discuss how chemical negatively affect us</p> <p>How if affects ability to maintain control of emotions</p> <p>Continue to practice skills</p>
WEEK 8
<p>Review how each member's week was and how each did</p> <p>Anger as it relates to domestic violence</p> <p>Qualities of abusers</p> <p>Types of violence and abuse</p> <p>Triggers based on irrational thinking</p>
WEEK 9
<p>Tie it all together and answer any questions</p> <p>Termination of group</p>

If you are an adult interested in this group, please leave a voicemail for Tom at 262-251-1112 x3, or email him at TomHoltLPC@yahoo.com