Dr. Pendleton   265-743-2867

2010 Anger Mgmt Process
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1) Learning/Change Process
    a. Personal programmability
        i. We are constantly being influenced.
        ii. If you don't program yourself someone else will.
    b. Gradual, Progression, Repetition
    c. Practice/repetition. Seligman's dog.
        i. Re-training stroke victims: plasticity.
        ii. Reconditioning – linking new response pattern to anger onset.
            Begin change by visualizing it
    d. Reminders
    e. Visualization
    f. Commitment. Effort. Attitude of personal responsibility. Problem solving
        attitude rather than avenging.
    g. Stages of anger mgmt
        i. Avoidance
            1. Avoidance may be a good first step.
            2. Timeout before responding.
            3. Maybe changing the time that things are discussed will
               help: from evening to morning?
            4. Permanent change in environment may be a valid solution.
        ii. Assertiveness
            1. Assertiveness method - DESC: describe behavior, express
               how it makes you feel, specify behavior you expect,
               consequences (self-care statement/solution: "if this
               continues I will have to ___ to take care of myself. Self-
               care is about how you can take care of the situation without
               the other person's cooperation).