

2010 Anger Mgmt Process
19Jul2010

- 1) Action planning process
 - a. Identify specific problems to work on: attitude, self-awareness, distorted thinking, sources of stress, etc.
 - b. Identify actions/interventions to correct the problems: mental rehearsal, assertiveness training, job change, etc.
 - c. Create a SMART plan
 - d. Work the plan
 - e. Review results periodically and modify plan as necessary
- 2) Planning and Goalsetting
 - a. Coping Plan:
 - i. Situation,
 - ii. Cues to cope,
 - iii. When to cope,
 - iv. How to cope.
 - b. SMART method:
 - i. Specific,
 - ii. Measurable,
 - iii. Action Oriented,
 - iv. Realistic,
 - v. Timed.
 - c. Time required for change
20,000 jabs
 - d. Structure of interventions:
 - i. Repeated, systematic
 - ii. Drill perishable skills
 - e. Exercise: Man wants to lose 100 lbs. Give some examples of SMART goals