

2010 Anger Mgmt Process
19Jul2010

- 1) Problem Clarification and Ownership
 - a. Exercise: Explain motives for being here and what you want to change
 - b. Self-monitoring
 - c. Stress reduction: volcano pie.
 - d. This group is for people who have grown tired of the emotional and physical toll of anger.
 - e. Effort, commitment. Achieving anger control requires learning and practicing crucial coping skills.
 - f. Personal responsibility vs. victim mentality
 - i. The person you have the best chance of controlling is yourself
 - g. Costs of Anger

- 2) Define Desired Behavior
 - a. Exercise: Identify the qualities and behaviors of a good anger manager.
 - b. Performance profiling
 - i. Identify the characteristics of a person who excels in anger management
 - ii. Rate each in terms of level of importance
 - iii. Rate yourself on each characteristic: how much you possess it.
 - c. HW: Create a performance profile for the person you will be.