



## Anger Management Module

### Session One

#### Session Goal:

- Educate client on the basics of anger management.
- Identify the consequences of angry behavior.
- Identify personal triggers of anger.

#### Interventions:

- Review the causes, effects, and functions of anger.
- Through interviewing and screening tools, increase awareness of the personal impact of angry behavior.

#### Handouts:

- The Basics of Anger Management
- How Anger Impacts Me
- Anger Meter

#### Screening Tools:

- Is Your Anger a Problem – Self-Test
- What Sets You Off?

#### Homework:

- Complete the Anger Meter handout.
- Keep track of situations that trigger your anger.



## Session Two

### Session Goal:

- Gain understanding of how anger impacts us.
- Develop a plan for anger control.

### Interventions:

- Review homework assignment.
- Discussion of anger journal. Emphasis on how anger impacts us, reviewing how anger affects how client feels, thinks and behaves. Client will learn how to identify cues that serve as warning signs that they have become angry and that their anger is escalating.
- Review strategies for dealing with anger.

### Handouts:

- What is Behind Your Anger?
- Controlling Your Anger
- Tips for Dealing Positively with Anger
- Learning To Relax

### Homework:

- Continue to monitor your anger and identify anger-provoking events and situations. You will be asked to identify the event that triggered your anger, the cues that were associated with your anger, and the strategies you used to manage your anger in response to the event.



## Session Three

### Session Goal:

- Review Anger Control Plan.
- If applicable, specifically address anger in the workplace issues.
- Summarize progress and change.

### Interventions:

- Review homework using solution focused questions:
  - Ø What was better?
  - Ø What didn't work?
  - Ø What strategies worked the best?
- Firm up anger control plan.

### Handouts:

- Analyze Your Anger
- Strategies For Handling Anger and Conflict

### Screening Tools:

- Review anger monitoring assignment.

### Homework:

- Anger Control Plan.
- Discussion of plan to sustain behavioral changes.