

2012 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. Levels of anger mgmt
    - i. Avoidance (beginner)
      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 (advanced)
      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).