

2012 Anger Mgmt Process
19Feb2012

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

- 2) Define Desired Behavior
 - a. Exercise: Identify and list the qualities and behaviors of a good anger manager, as you see it.
 - b. Performance profiling
 - i. Identify the characteristics of a person who in your opinion excels in anger management.
 - ii. Rate each in terms of level of importance
 - iii. Rate yourself on each characteristic: Use a scale from 0-10 to indicate how much you possess each characteristic.
 - c. HW: Create a performance profile for the person you will be.