

# Managing Anger Agenda

Two hour classes from 7 – 9 PM

Lloydminster, Alberta

Presenter: Marla Rauser

B.A. (Hon) B.S.W., R.S.W (Registered Social Worker since 1987)

Family Counsellor

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## **Week one:**

Housekeeping: Contract, bathrooms, parking, smoking, breaks, commitment to attendance, reports

**Questions:** Get to know you questionnaire, introductions and goal sharing. My goals for the group: learning your physical cues, triggers, strategies to manage anger. Learn to walk away, deep breath and connect your thoughts/feelings to your actions. Better communication and conflict skills!!

**Questionnaire number two:** Anger self assessment with discussion

## **BREAK**

**Group discussion** on where does anger come from, the physiology of anger, what influences factor into anger, share your strategies

**Handouts:** Assorted, Understanding Anger, how to recognize when you are upset

**Homework for next week:** Log thoughts of your world view, what you think about yourself and others, what are recurrent thoughts you have and how do they make you feel when you are feeling angry or not, notice when you handle anger in a positive way

## **Week two:**

Discussion of last week's group and what you have noticed about yourself  
Thoughts/feelings/emotions an in depth discussion/sharing

## **BREAK**

**Handouts:** Characteristics of a self destructive response to anger and discussion, 10 things you should know about anger, Steps to reduce anger and stress, positive and healthy ways of dealing with anger, Discussion of handouts

**Homework for next week:** Continue to notice the positive ways you deal with frustration/ anger, continue to notice and practise connecting your thoughts and feelings to your actions. Think about a permanent commitment to a managing anger plan and what you are going to need to do different, ongoing.

## **Week three:**

Check in from last week. Brief discussion on domestic violence. Skills for healthy communication/conflict resolution (handouts included for topics)

## **BREAK**

Your managing anger plan / individual time with presenter/ questionnaire  
What you have learned handout and group discussion on what you have learned

**Homework:** What are you committed to doing different when you leave this group?? Final handouts; Anger dos and don'ts, Recovering Ragers creed.