

What is the Anger Management Program?

Anger is the expression of emotion, describing people's reaction to situations. Emotions are not always controllable; however, our behavior expressing the emotions can be. Our Anger Management Program is an individualized 4-6 hour course designed to help individuals who have allowed anger to cause serious issues in their lives to understand their behaviors and to help prevent anger from causing any more trouble in their future.

Goals & Objectives

The goals and objectives of our Anger Management Program is to show several alternatives to acting out with anger or rage, to understand yourself and how you react in different situations and with different people, to help understand how behaviors affect others, and to find out the many different outcomes of being passive, passive aggressive, assertive, and aggressive.

Topics of Discussion

- Elements of Anger
- Verbal De-Escalation
- Rules for Fair Fighting
- Positive Self-Talk
- Safety Plan
- Stress Management
- Communication Skills
- Being Assertive
- Beliefs about Anger
- Benefits of Anger
- Anger and Relapse
- Controlling Anger