

Understanding & Conquering Anger

*An Individualized Mental Health Therapy and
Education Program*

Client Study Manual

Time Estimated for Program Completion: 18 Hours



SUMMIT COUNSELING
Mental Health Therapy & Counseling Services

Unit 1 - Client Intake and Anger Basics

(2 Hours 20 Minutes Estimated)

People won't have time for you if you are always angry or complaining

- Stephen Hawking

Why This Section Is Important

During this first session you will be building a relationship with your therapist. An assessment of your particular anger will be completed and we will begin creating an understanding of how humans are wired and why we respond the way we do.

What you will learn:

- Anger is an emotion that can energize you to take constructive or destructive action
- Aggression and anger are not the same thing
- Anger is related to anxiety, depression, alcohol and drug use, heart disease and stroke.
- Anger comes from what you have learned, how you think and your innate nature.
- Even if others are pressuring you to be less angry, making a change is your choice.
- Anger episodes follow a predictable 6 step pattern.
- Anger can be expressed in many ways.

In-Office / Tele-Therapy Session:

- Standard therapy session.
- Complete the Individual Anger Assessment
- Discuss the Unit 1 Practice Exercises

Pre-Session Preparation:

Make note of those things in these videos that resonate with you. We will be discussing these videos during the therapy portion of this unit.

- Love Sense: from Infant to Adult (Sue Johnson and Ed Tronick): **(11.27 Minutes)**
https://www.youtube.com/watch?v=OyCHT9AbD_Y
- Thich Nhat Hanh on Compassionate Listening **(3.21 Minutes)**
<https://youtu.be/lyUxYflkhzo>

- Parenting Counts: Kids Learn By Watching You (1 Minute)
https://www.youtube.com/watch?time_continue=19&v=KGNiA2tyFLs&feature=emb_logo
- Anger Management for Everyone, 2nd Edition: Part 1 – *Anger Basics*, pages 8 through 71. **(1.75 Hours / 1.66 min. per page)**

Unit 1 Practice Exercises

Anger Episode Record

Recognizing Ambivalence about Angry Feelings and Reactions

Importance of Reducing Angry Feelings and Reactions

Readiness to Reduce Angry Feelings and Reactions

All practice exercises for your Anger Management program may be found by clicking on the link PRACTICE EXERCISES included with the email from your therapist.

Unit 2 - Understanding Anger Triggers and the Impact of My Anger on Me and Others

(1 Hour 45 Minutes Estimated)

Anger is a wind which blows out the lamp of the mind.

- Robert Green Ingersoll

Why This Section Is Important

Each of us has a unique way of responding to events around us. For some of us, a particular event or stimulus will trigger us to become angry while another person completely ignores the event as unmeaningful. By becoming aware of the specific situations, statements or actions of others that trigger us, we can change the way we react. We can also respond in more productive less destructive ways.

What you will learn:

- You can take positive steps that will improve your lifestyle.
- A pleasant environment will allow you to deal more effectively with conflict, rejection and disappointment.
- Not every problematic person or situation needs to be immediately addressed.
- Plan difficult encounters when you are well rested and have eaten.
- How you approach social problems sets the stage for conditions in your life to improve, get worse or stay the same.

In-Office / Tele-Therapy Session:

- Standard therapy session.
- Complete the Rage Questionnaire
- Discuss the Unit 2 Practice Exercises

Pre-Session Preparation:

Make note of those things in these videos that resonate with you. We will be discussing these videos during the therapy portion of this unit.

- The Upside of Anger, Ryan Martin (13 Min.)
https://www.youtube.com/watch?v=kfcQaXG_Qhs
- Understanding Emotional Intelligence: The Trap of Self-Reference (4.25 Min.)
<https://www.youtube.com/watch?v=miBxkhjIPRs>

- Anger Management for Everyone, 2nd Edition: Part 2 – *Changing Anger Triggers*, pages 74 through 115. (**68 Minutes / 1.66 min. per page**)

Unit 2 Practice Exercises:

Avoiding and Escaping from Anger Triggers
Solving Social Problems

Unit 3 - Changing Thoughts That Lead to Anger

(2 Hours 5 Minutes Estimated)

Man is troubled not by events, but by the meaning he gives them.

- Epictetus

Why This Section Is Important

Sometimes it isn't external events that cause us to become angry. We might also become angry because of the thoughts we think. We may also hang on to anger – hold a grudge – when we should be unburdening ourselves and using that energy for something productive.

What you will learn:

- Your thoughts are a product of your personal history and learning, and so your thinking isn't the gospel truth and may not always be accurate, realistic or helpful.
- To replace “awfulizing” thoughts with more moderate evaluations.
- To replace harsh ratings of yourself with statements that reflect self-acceptance and a willingness to learn from your mistakes.
- Your personal values represent the big-picture direction of your life and will require continuous attention and adjustment throughout your lifetime.
- It is possible to notice your angry thoughts and feelings without acting on them or giving in to them.
- Remaining unforgiving is associated with obsessive thoughts about the past, grudges, avoidance, and a desire for revenge.

In-Office / Tele-Therapy Session:

- Standard therapy session.
- Discuss the Unit 3 Practice Exercises
- Results of Rage Questionnaire Completed Unit 2

Pre-Session Preparation:

Make note of those things in these videos that resonate with you. We will be discussing these videos during the therapy portion of this unit.

- How Anger Affects Thinking, Anger Management (2.5 Min.)
<https://www.youtube.com/watch?v=qdI3fUB81K4>
- Understanding Emotional Intelligence: The Amygdala Hijack (12 Minutes)
https://www.youtube.com/watch?v=S_tI9_so1Q4

- Basil Attacks His Car | Fawlty Towers | BBC Comedy Greats (1.1 Minutes)
https://www.youtube.com/watch?list=RDCMUC7foTxErVJKorAitAcJuqDA&v=78b671_yxUc&feature=emb_rel_end
- How to stop your thoughts from controlling your life, Albert Hobohm (15 Min.)
(<https://www.youtube.com/watch?v=29Vj0-TVHiQ>)
- Tony Porter – A Call To Men (11 Minutes)
https://www.ted.com/talks/tony_porter_a_call_to_men?language=en
- Anger Management for Everyone, 2nd Edition: Part 3 – *Changing Thoughts That Lead to Anger*, pages 118 through 163. (**1 Hour 15 Minutes / 1.66 min. per page**)

Unit 3 Practice Exercises

Think Differently and Better in Anger Situations

Unit 4 - Changing Your Internal Anger Experience

(1 hour 25 Minutes Estimated)

The more anger towards the past you carry in your heart, the less capable you are of loving in the present.

- Barbara De Angelis

Why This Section Is Important

Techniques exist, that when practiced when we are angry can change the way we feel. By changing our anger experience, we reclaim the power to make choices that get our needs met.

What you will learn:

- Like every other animal, you have the *fight, flight* or *freeze* response as part of your instinctive reaction to lethal threats.
- Developing the ability to calm your body and your mind will help you respond less impulsively to challenging situations.
- How to use exposure techniques that will give you the confidence to tolerate difficult people and situations without reacting angrily.

In-Office / Tele-Therapy Session:

- Standard therapy session.
- Discuss the Unit 4 Practice Exercises

Pre-Session Preparation:

Make note of those things in these videos that resonate with you. We will be discussing these videos during the therapy portion of this unit.

- Anger, Compassion, and What It Means To Be Strong, Russell Kolts (13 Min.)
<https://www.youtube.com/watch?v=QG4Z185MBJE>
- Carl Winslow's Mantra (Family Matters) (4.25 Minutes)
<https://www.youtube.com/watch?v=f5gsu8gxVJ8>
- How to do Progressive Muscle Relaxation (6.3 Minutes)
<https://www.youtube.com/watch?v=1nZEdqcGVzo>
- Anger Management for Everyone, 2nd Edition: Part 4 – *Changing Internal Anger Experiences*, pages 166 through 190. **(40 Minutes / 1.66 min. per page)**

Unit 4 Practice Exercises

Creating a List of Anger Situations

Writing an Anger Scenario

Creating a List of Verbal Barbs

Unit 5 - Changing Anger Expression

(1 Hour 40 Minutes Estimated)

Happiness is when what you think, what you say and what you do are in harmony.

- Mahatma Gandhi

Why This Section Is Important

Managing anger doesn't mean we give up on getting what we need. Assertiveness and appropriate social and interpersonal skills are more productive for getting our needs met.

What you will learn:

- In Most anger occurs between people. Learning to be more effective in interactions with others will help you reduce your anger and live a happier life.
- By avoiding criticism and presenting yourself as an expert, you will avoid giving others the impression you want to control them during conversations.
- It is imperative that you consider the other person's perspective.
- Verbal aggression and accusations make situations worse because they shut others down and increase the likelihood others will get angry at you.

In-Office / Tele-Therapy Session:

- Standard therapy session.
- Discuss Unit 5 Practice Exercises

Pre-Session Preparation:

Make note of those things in these videos that resonate with you. We will be discussing these videos during the therapy portion of this unit.

- How not to take things personally?, Frederik Imbo (17.3 Minutes)
https://www.youtube.com/watch?v=LnJwH_PZXnM
- Before You Get Angry, Watch This Terry Crews Video (6.40 Minutes)
<https://www.youtube.com/watch?v=F1v4o646SsA>
- Anger Management for Everyone, 2nd Edition: Part 5 – *Changing Anger Expression*, pages 192 through 225. **(55 Minutes / 1.66 min. per page)**

Unit 5 Practice Exercises

Developing an Assertive Response

Unit 6 - Focus on Problem-Solving in Frustrating Situations

(2 Hours Estimated)

“I suppose it is tempting, if the only tool you have is a hammer, to treat everything as if it were a nail.”

- Abraham Maslow, *Toward a Psychology of Being*

Why This Section Is Important

During this final session we will discuss what was learned and what needs more practice. This is part of being self-aware. Self-awareness give us the power to make important changes in our lives.

What you will learn:

- Self-awareness is the ability to see yourself clearly and objectively through reflection and introspection.
- Understand the difference between internal and external self-awareness and how that difference affects how we see ourselves and how others see us.

In-Office Therapy:

- Standard therapy session.
- Review Exercises

Pre-Session Preparation:

- What If I Still Get Angry? And Live a Happier Life (14 pages)
https://www.newharbinger.com/system/files/acc/42266_angerManagementEveryone2d_bonusChapters.pdf
- *The Power of Self-Awareness, William L. Sparks (18 Minutes)*
<https://www.youtube.com/watch?v=R9qVa4LoJx8>
- Dealing With Anger, Resistance And Pessimism, Eckart Tolle (4.5 Minutes)
<https://www.youtube.com/watch?v=aqX5IFKYFWk>
- What makes a good life? Lessons from the longest study on happiness | Robert Waldinger (12.5 Minutes)
<https://www.youtube.com/watch?v=8KkKuTCFvzI>

Unit 6 Practice Exercises

Living a Happier Life