



Anger Resolution Program



“DANGEROUS IMPULSES”

ANGER RESOLUTION

DALE BLANTON, MA, LPC
INSTRUCTOR



Anger Resolution Counseling Goal and Objectives

Introduction: The term, anger management, has been well-worn over the past few years as evidenced by the movie that bears the same name. Outside of events and situations that happen, the majority of anger concerns lie within human relationships. While “management” strategies are discussed within the counseling sessions, Coastal Counseling Center’s focus is upon anger resolution.

LONG-TERM GOAL

Participants will learn and use strategies to resolve their anger responses with others.

SHORT-TERM OBJECTIVES

Lesson 1 (Anger Resolution, An Introduction). By the end of the session, participants will:

1. Review and understand the stages of change related to behavior.
2. Review and understand the concept of the JoHari Window related to behavior.
3. Review and dispel five specific myths associated with anger.
4. Understand and identify four styles of anger expression.
5. Understand and apply three guidelines for “fair fighting.”
6. Understand, apply and report on their use of four anger resolution strategies.
7. Construct and utilize an “Anger Thermometer.”

Lesson 2 (Anger and the Brain). By the end of the session, participants will:

1. Identify the major functions of the three “parts” of the brain and how they relate to anger.
2. Comprehend the connection between fear and anger.
3. Review and identify seven basic defense mechanisms and their purposes.
4. Summarize the connection between anger and stress.
5. Understand, apply and report on their use of five anger resolution strategies.

Lesson 3 (Making Choices / Making Changes). By the end of the session, participants will:

1. Know the difference between classical and operant conditioning theories related to anger.
2. Understand five principles of behavioral learning theory as applied to anger.
3. Understand and identify five types of genuine apologies and how to use them.
4. Identify both general and specific physiological responses as “early warning signals.”
5. Understand, apply and report on their use of four anger resolution strategies.

Lesson 4 (Change your thinking, change your life). By the end of the session, participants will:

1. Summarize and identify the three core irrational beliefs related to anger.
2. Understand the cognitive-behavioral (A-B-C-D-E) process for reducing anger outbursts.
3. Summarize ten cognitive distortions and identify the one(s) most personally applicable.
4. Understand and utilize the Rational Action Planner in life situations.
5. Understand, apply and report on their use of five anger resolution strategies.

Lesson 5 (Communication). By the end of the session, participants will:

1. Review and understand basic Transactional Analysis as applied to communication.
2. Understand and use the concept of the Relational Bank Account with others.
3. Review and understand the five communication styles in families.
4. Understand, apply and report on their use of seven anger resolution strategies.

One of the most important concepts behind anger management, anger control and anger resolution is having a set of strategies to help an individual and/or a family work through anger. By definition, a **strategy** is:

***a careful plan or method; the art of devising or employing plans toward a goal;
an adaptation that serves an important function in achieving success***



Analogy: The Toolbox

It has been said that when all we have is a hammer, we tend to see all problems as a nail. If this is true, we limit ourselves to using the same tool or strategy in most all situations involving anger. While a hammer may work to drive-in a screw, it is more preferable to utilize a screwdriver. Some tools or strategies will work in a variety of situations, however; there are more tools we can put in our toolbox and use in specific situations. In this program, participants will learn at least twenty-five (25) different strategies or tools to better manage and resolve anger in most any situation. These tools or strategies are:

LESSON	STRATEGY	SITUATIONS WHEN THIS STRATEGY CAN BE USED
1	1. Improving Anger Vocabulary	
	2. Four Rules For Fighting Fair	
	3. Just Do Nothing	
	4. The Serenity Prayer	
2	5. H.E.A.R.T. Relapse Prevention	
	6. Need A Moment?	
	7. Choppin' Wood	
	8. Remember To Breathe	
	9. Progressive Relaxation/Guided Imagery	
3	10. Count To Ten	
	11. Self-Control Card	
	12. Making A Genuine Apology	
	13. Attending To Early Warning Signals	
4	14. A-B-C-D-E Process	
	15. The Camera Technique	
	16. Though-Stoppers	
	17. Dealing With Ants	
	18. Rational Action Planner	
5	19. Relational Bank Account	
	20. Reflective Listening	
	21. The Remote Control	
	22. Fogging Technique	
	23. Personal Testimonial	
	24. Commitment To Practice	
	25. Commitment To Teach	

**The Strategies Will Work If You Work The Strategies;
They Will Not Jump Off The Page And Work On Their Own**