



SOS Pretrial ANGER MANAGEMENT SERIES

WEEK 1

Do we know what anger really is? The Angry Cycle!

Discussion about what anger really is. Does everyone show it? Myths & Facts.

WEEK 2

The Triggers of anger and what causes them

The many causes & types of anger; Know your Triggers & Anger Buttons.

WEEK 3

This looks like me! The Personalities of Anger

Passive, Aggressive & Assertive personalities of anger & their combinations.

WEEK 4

Physical Cues of Anger

Knowing your body's anger warning signs; Anger mapping of symptoms.

WEEK 5

Early Message about anger: What we learn & how

From early role modeling of family, celebrity, peers, coach and anyone.

WEEK 6

Emotional Cues of Anger & Relationships

A look at gender roles & anger; Managing anger in relationships.

WEEK 7

Our Personal Anger Meter: Measuring the anger within.

Being able to measure how things, situations & people make us angry.

WEEK 8

Journaling Anger: Keeping an Anger Diary or Journal

Sampling anger journals & diaries: When, What, Thoughts and patterns.

WEEK 9

Anger & Mental Wellness

Anger as impacted by alcohol, drugs & stresses; Effects of Anger on health.

WEEK 10

Anger, Parents & Partners.

Looking at how anger impacts parenting; children. Teaching children by doing.

WEEK 11

Action Plan for Anger Management Plan

Using an Anger Management Action Plan Checklist; Step by Step Guide.

WEEK 12

Review of Effective Anger Management Techniques

Proven anger management strategies; Effective steps for handling anger.
