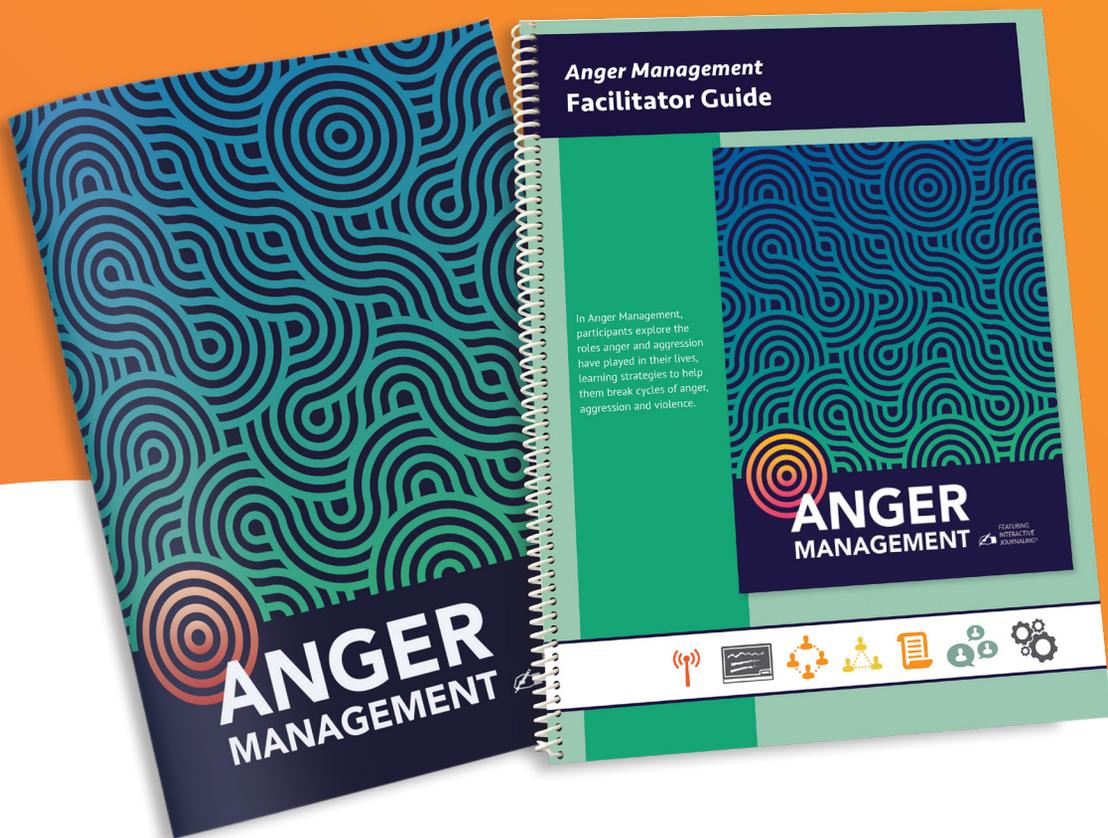


Session Plans

*Anger Management
Interactive Journaling® curriculum*





Anger Management

12 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
1	<p>Introductions and Group Agreements</p> <ol style="list-style-type: none"> 1. Establish group agreements and expectations 2. Introduce yourself and invite participants to introduce themselves 3. Distribute Journals to participants 4. Process pages 2-3 (Facilitator Guide pages 26-27) 	<p>Assign pages 3-9. Introduce the value of <i>Interactive Journaling</i>[®] to participants.</p>
2	<p>What is Anger?</p> <ol style="list-style-type: none"> 1. Process pages 4-9 (Facilitator Guide pages 27-33) <ul style="list-style-type: none"> -Understanding anger -The purpose of anger -When anger becomes a problem -Myths about anger -Eight skills for mental strength -Skill 1: Notice your breath 2. Lead participants in the guided practice "Notice Your Breath" (Facilitator Guide pages 34-35) 	<p>Assign pages 10-14.</p> <p>Invite participants to track times throughout the week when anger becomes a problem or leads to a consequence they don't want.</p> <p>Have participants practice the skill of noticing their breath.</p>
3	<p>Responding to Anger</p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Process pages 10-14 (Facilitator Guide pages 36-40) <ul style="list-style-type: none"> -Situations that can lead to anger -Using power and control -Looking at my values -Rethinking power and control -Skill 2: STOP 3. Lead participants in the guided practice "STOP" (Facilitator Guide pages 41-42) 	<p>Assign pages 15-19.</p> <p>Invite participants to reflect on one message they received while growing up about power and control and how this has influenced them.</p> <p>Have participants choose one equality behavior to focus on before next session.</p> <p>Have participants practice STOP next time they encounter a situation that leads to anger.</p>



Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
4	<p><i>The Effects of Anger</i></p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Process pages 15-19 (Facilitator Guide pages 43-47) <ul style="list-style-type: none"> -Unmanaged anger -Short-term benefits vs. long-term consequences -Anger and your body -Skill 3: Notice your body 3. Lead participants in the guided practice "Notice Your Body" (Facilitator Guide pages 48-51) 	<p>Assign pages 20-25.</p> <p>Have participants record where they are on the anger scale each day.</p> <p>Have participants tune into their bodies the next time they feel angry.</p> <p>Have participants practice the skill of noticing their bodies.</p>
5	<p><i>Self-talk</i></p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Process pages 20-25 (Facilitator Guide pages 52-57) <ul style="list-style-type: none"> -Events and outcomes -Challenging self-talk -Same event, different outcomes -Self-talk -Skill 4: Check your self-talk 3. Walk participants through the self-talk model on page 25 (Facilitator Guide page 57) using a number of examples until it is understood. 	<p>Assign pages 26-32.</p> <p>Have participants observe and record the events, self-talk and resulting feelings, behaviors and outcomes they experience before the next session.</p>



Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
6	<p><i>Your Thoughts and Anger</i></p> <ol style="list-style-type: none"> Discuss insights from assigned out-of-session activities Process pages 26-32 (Facilitator Guide pages 58-64) <ul style="list-style-type: none"> -Demands -Absolutes -I Can't -Awfulizing -Rhetorical Questions -Loaded Words -Statements of Fact -Blaming -Skill 5: Breathe deeply Lead participants in the guided practice "Breathe Deeply" (Facilitator Guide pages 65-66) 	<p>Assign pages 33-36.</p> <p>Invite participants to notice situations where their most challenging thinking error comes up for them.</p> <p>Have participants set aside time each day to practice deep breathing.</p>
7	<p><i>Healthy Physical Habits</i></p> <ol style="list-style-type: none"> Discuss insights from assigned out-of-session activities Process pages 33-36 (Facilitator Guide pages 67-69) <ul style="list-style-type: none"> -Healthy habits and anger -Get physical activity -Make healthy eating choices -Avoid alcohol and other drugs -Get plenty of sleep -Skill 6: Mindful walking Lead participants in the guided practice "Mindful Walking" (Facilitator Guide pages 71-72) or a guided movement activity 	<p>Assign pages 37-39.</p> <p>Invite participants to focus on and track one healthy physical habit before next session.</p> <p>Have participants practice mindful walking between now and next session, particularly in moments of anger or frustration.</p>



Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
8	<p><i>The Anger Iceberg</i></p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Process pages 37-39 (Facilitator Guide pages 73-75) <ul style="list-style-type: none"> -The anger iceberg -Get curious, notice the other feeling, work through obstacles -Skill 7: RAIN 3. Lead participants in the guided practice "RAIN" (Facilitator Guide pages 76-77) 	<p>Assign pages 40-45.</p> <p>Have participants pause during moments of anger and consider any feelings that might be beneath the iceberg, obstacles associated with the feeling and steps they can take to overcome the obstacle.</p> <p>Invite participants to practice using RAIN when they encounter a stressful situation between now and next session.</p>
9	<p><i>Anger and Other People</i></p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Process pages 40-45 (Facilitator Guide pages 78-83) <ul style="list-style-type: none"> -Anger and others -Communicating effectively -Sharing constructive feedback -Managing conflict -Setting healthy boundaries -Skill 8: Relax your muscles 3. Lead participants in the guided practice "Relax Your Muscles" (Facilitator Guide pages 84-85) 4. Have participants share feedback on which curriculum topics they would like to learn more about (to prepare for Sessions 10 and 11) 	<p>Invite participants to practice muscle relaxation daily before next session.</p> <p>Have participants track their conflicts for a week, attempting to use at least one conflict management strategy each time they experience conflict.</p>



Anger Management (continued)

12 Sessions

Group Application (60-90 minutes)

Session	In-session Objectives	Out of Session (homework)
10	<p>Review Session (Open Week)</p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Select one curriculum topic to review, choosing new facilitation activities, discussion prompts and role plays 3. Select one guided practice to repeat from a previous module 	<p>Assign out-of-session activities related to today's chosen topic.</p>
11	<p>Review Session (Open Week)</p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Select one curriculum topic to review, choosing new facilitation activities, discussion prompts and role plays 3. Select one guided practice to repeat from a previous module 	<p>Assign pages 46-47.</p> <p>Assign out-of-session activities related to today's chosen topic.</p>
12	<p>My Next Steps</p> <ol style="list-style-type: none"> 1. Discuss insights from assigned out-of-session activities 2. Process pages 46-47 3. Celebrate participant success; help participants identify next steps/new goals 	<p>Complete your next steps; continue to work toward individual anger management goals.</p>