

Anger Management Skills Workshop

Benjamin Franklin once said, "In this world nothing can be said to be certain, except death and taxes." We would add a third item to his list - Anger. Controlling and limiting anger is important in every aspect of one's life. Without control you are putting limits on what you can accomplish in your personal and professional life.

Anger can be an incredibly damaging force, costing people their jobs, personal relationships, and even their lives when it gets out of hand. However, since everyone experiences anger, it is important to have constructive approaches to manage it effectively. The Anger Management workshop will help teach participants how to identify their anger triggers and what to do when they get angry.

Workshop Objectives:

- Understand anger dynamics in terms of the anger cycle and the fight and flight theory.
- Know common anger myths and their factual refutations.
- Know the helpful and unhelpful ways of dealing with anger.
- Understand the difference between objective and subjective language.
- Know tips in identifying the problem.
- Express a feeling or position using I-messages.
- Negotiation and solution-building.
- Reflect on one's hot buttons and personal anger dynamics.
- Learn and practice de-escalation



For more information or to reserve your spot in this workshop, please contact:

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Housekeeping Items
Workshop Objectives
Pre-Assignment Review
Action Plans and Evaluations

Section Two: Understanding Anger

The Cycle of Anger
Understanding Fight or Flight
Common Myths about Anger

Section Three: Do's and Don'ts

Unhelpful Ways of Dealing with Anger
Helpful Ways of Dealing with Anger

Section Four: Gaining Control

A Word of Warning
Using Coping Thoughts
Using Relaxation Techniques
Blowing Off Some Steam

Section Five: Separate the People from the Problem

Objective vs. Subjective Language
Identifying the Problem
Using "I" Messages

Section Six: Working on the Problem

Using Constructive Disagreement
Negotiation Tips
Building Consensus
Identifying Solutions

Section Seven: Solving the Problem

Choosing a Solution
Making a Plan
Getting it Done

Section Eight: A Personal Plan

Understanding Hot Buttons
Identifying Your Hot Buttons
A Personal Anger Log

Section Nine: The Triple A Approach

Alter
Avoid
Accept

Section Ten: Dealing with Angry People

Understanding the Energy Curve
De-escalation Techniques
When to Back Away and What to Do Next

Section Eleven: Pulling It All Together

Process Overview
Putting It into Action

Section Twelve: Wrapping Up

Words from the Wise
Action Plans and Evaluations