

## ANGER MANAGEMENT (W 111) COURSE OVERVIEW

### COURSE OBJECTIVES

To help students overcome the root causes of anger, abuse, and domestic violence by challenging self-defeating thoughts and behaviors. The course focuses on self-deception, justification, and resistant behaviors.

### COURSE CONCEPTS

UNIT 1: *BEGINNINGS* - Our negative beginnings can greatly impact our endings.

UNIT 2: *SUBCONSCIOUS MIND* - Doesn't know right from wrong.

UNIT 3: *HUMAN NEEDS* - We can't break these needs, we can only break ourselves.

UNIT 4: *ANGER AVOIDANCE* - Those who anger you, control you!

UNIT 5: *INNER WAY OF BEING* - Who you are without thinking who you are.

UNIT 6: *RELATIONSHIPS* - Responsive people look past the negative and seek positive.

UNIT 7: *DOMESTIC VIOLENCE* - Is a deeply rooted systemic disease.

UNIT 8: *HOW TO BE HAPPY* - Think more of others than yourself.

UNIT 9: *HOW TO CHANGE* - If you never have a desire to change, you won't.

### COURSE COMMENTS

People can change as fast as they want to if they are self motivated to do so; it doesn't take weeks, months, and years as many believe. Because anger is a secondary emotion, it is important to focus on the primary motions and challenge the faulty thinking errors that created those emotions.

Let the workbook, work itself. Relax and facilitate; let the group do most of the work. It will take your students on a journey designed to create reverse thinking as they are confronted and challenged through stories and self-actualizations. Anger management is a misnomer, because you can't manage it; it will always manage you! The focus of this workbook is anger avoidance, not anger management.

### COURSE CRIMINOGENIC NEEDS MET

Antisocial cognitions (2) Antisocial personalities (3) Family and marital relationships

### COURSE REVIEW QUESTIONS

- Why did Jason succeed, and his cousin Curt didn't?
- Why do bad beginnings make it more difficult and challenging to succeed?
- Why or what caused Jason to change?

## ANGER MANAGEMENT - W 111

### EXIT TEST

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1.  
 O  
 137 people  
 O
2.  
 O  
 O  
 Jason
3.  
 O  
 programming  
 O
4.  
 O  
 doesn't know right from wrong.  
 O
5.  
 actions.  
 O  
 O
6.  
 O  
 O  
 observing what it produces, the results.
7.  
 of the way she was scripted as a child.  
 O  
 O
8.  
 O  
 denies the truth and blames others.  
 O
9.  
 O  
 on scripting.  
 O
10.  
 O  
 feel validated and secure.  
 O
11.  
 O  
 Volleyball  
 O
12.  
 O  
 O  
 avoid it.
13.  
 O  
 who you are without thinking who you are.  
 O
14.  
 O  
 resistant people.  
 O
15.  
 not being able to see the truth of self.  
 O  
 O
16.  
 because they have faulty thinking.  
 O  
 O
17.  
 O  
 going against what you know is right.  
 O
18.  
 O  
 a secondary emotion.  
 O
19.  
 O  
 O  
 they choose to.
20.  
 O  
 O  
 we have to stop what we are doing.