

YOUTH ANGER AVOIDANCE (W136) COURSE OVERVIEW

COURSE OBJECTIVES

The objective of this course is to focus on the root causes of anger and to teach cognitive skills that can help youth avoid anger before it takes control.

COURSE CONCEPTS

UNIT 1: *BEGINNINGS* - Our beginnings don't have to be our endings.

UNIT 2: *VALUES* - We receive most of our values at home.

UNIT 3: *GROWTH vs. DECAY* - Growth, stagnation, or decay is a choice.

UNIT 4: *LIFE* - If we are not happy it is our fault.

UNIT 5: *AVOIDING ANGER* - Arguing never works, everyone is a loser.

UNIT 6: *SKILLS* - People with good people skills go further in life.

UNIT 7: *LEADERSHIP* - If we go with the flow we could end up in decay.

COURSE COMMENTS

Some people have free floating anger and erupt like a volcano without notice. Their anger is fueled by the four root causes that surface in negative primary emotions and are then expressed in secondary emotions, resulting in negative behaviors. Anger is a natural emotion. People who live in growth have less of it and people who live in decay have more of it. When you don't let anger in it has no control over you.

COURSE CRIMINOGENIC NEEDS MET

(1) Antisocial cognitions (2) Antisocial companions (3) Antisocial personalities
(4) Family relationships

COURSE REVIEW QUESTIONS

- Why do we have to be careful with our negative thoughts?
- How can we reduce anger and arguing in our home?
- How can anger get us in trouble?
- What should we do when we are in an angry situation?
- Why are "I" messages better than "you" messages?
- What can happen to teenagers with little self-control?
- What can happen if we constantly react with anger to everyone who is rude?
- Why are people often their own worst enemy?
- How can love reduce anger?
- Why do some people feel helpless and hopeless?

EXIT TEST

1.
 0
 137
 0
2.
 0
 0
 Jason
3.
 0
 family
 0
4.
 0
 doesn't know right from wrong.
 0
5.
 0
 lose control of their lives.
 0
6.
 0
 0
 observing what each produces, the results.
7.
 0
 seek out other \$2.00 people.
 0
8.
 0
 0
 has more power than the untruth.
9.
 what you have done in the past.
 0
 0
10.
 0
 feel validated and secure.
 0
11.
 because there is no happiness in doing wrong.
 0
 0
12.
 0
 0
 but I can't choose the consequences.
13.
 0
 0
 when you live the truth.
14.
 0
 0
 Volleyball
15.
 0
 0
 made correct choices
16.
 0
 feel better.
 0
17.
 you can't change what happened.
 0
 0
18.
 0
 a secondary emotion.
 0
19.
 0
 Tammy
 0
20.
 0
 0
 we have to change what we are doing.