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Techniques. 1.Count to
20 before saying
anything. 2.Leave the
room for several
minutes, or hours, if
necessary, before
discussing sensitive
issues that may
provoke your anger.
3.Write out a response
to a problem before
tackling it orally or in

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debate.

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- Educational Handouts
— Handouts designed to enhance instruction can be used individually or in groups to promote a positive understanding of anger and to provide positive reinforcement for effective anger management. They can be distributed, converted into masters for overheads or

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transparencies, or
written down on a
board and discussed.

The Anger Aggression Workbook - TCP Toolbox

Repeat the same steps
with the other muscle
groups in your body -
in your hands, arms,
chest, stomach, lower
back, buttocks, thighs,
calves and feet - one
at a time. Visualization.
This technique uses

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your imagination to help you relax and reduce your anger. 1. Sit in a comfortable chair or lie down. 2.

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ANGER MANAGEMENT WORKBOOK - Seasons Therapy

The Anger Management Workbook and Curriculum comes out of an evolutionary and developmental viewpoint. Everyone

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can grow, learn new ways of responding to situations, and develop a more satisfying and fulfilling worldview. You will come to see how the Primitive Brain and Evolved Brain fit into improving your anger management skills,

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This workbook is the

tool educators and

health care

professionals need to

help teens and adults

learn how to cope with

anger in healthier

ways.

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The book is divided into three sections: Understanding Anger, Interventions for Anger Management and Conflict Resolution, and The Differences Between Anger and Abuse. There are about 35 worksheets, with very detailed facilitator guides on the back for using the worksheets with individuals or groups, including adaptations.

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between anger and
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