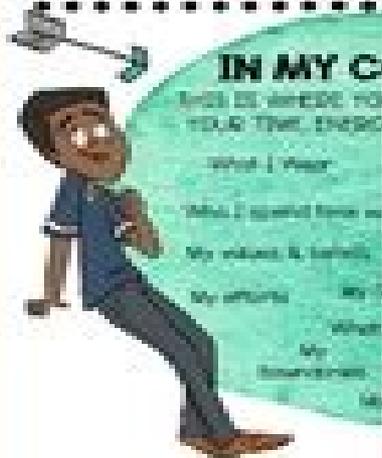


WHAT'S IN AND OUT OF YOUR CONTROL?



IN MY CONTROL

Things I can do to change my mood

What I think

What I would like to do

My values & beliefs

My efforts

My choices

My boundaries

OUT OF MY CONTROL

Weather

Other people's feelings

Other people's feelings

The weather

What people say

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ANGER MANAGEMENT Curriculum

KEEP YOUR COOL

10 WEEK PROGRAM

- ✓ Welcome & Introduction
- ✓ Physical & Emotional Responses
- ✓ Triggers & Warning Signs
- ✓ Level of Control
- ✓ Cognitive Triangle (Thoughts, Feelings/Behaviors)
- ✓ Conflict Resolution (2-Statements)
- ✓ Forgiveness & Apologies
- ✓ Stress Management
- ✓ Building Empathy & Understanding
- ✓ Introduction & Review



ROLE PLAY SCENARIOS

I gave up but you're not	You and a classmate were working on a group project and you feel they aren't contributing their fair share
My teacher	Your teacher gave you a lower grade on an assignment, and you believe there was a misunderstanding in your work
My friend	You feel that you are unfairly burdened with household chores, and it's causing tension within your family
My friend	A close friend said something that hurt your feelings, but you feel they might not mean the words of it
My friend	You are working on a school project with a group, and one team member ignores your feedback about the direction of the project leading to conflict



ALL THERAPY RESOURCES

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Anger Management Comprehensive Curriculum

RJ Shavelson



Anger Management Comprehensive Curriculum:

Decoding **Anger Management Comprehensive Curriculum**: Revealing the Captivating Potential of Verbal Expression

In an era characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Anger Management Comprehensive Curriculum**," a mesmerizing literary creation penned by a celebrated wordsmith, readers attempt an enlightening odyssey, unraveling the intricate significance of language and its enduring affect our lives. In this appraisal, we shall explore the book is central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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