Anger Management Curriculum #1

This anger management curriculum is for an anger management course that explains anger, triggers, and anger management techniques. You may use any anger management book and/or videos to accompany any section of your course.

❖ Understanding Anger

➢ What is the emotion of anger?
  ▪ See Types of Anger
  ▪ What does it feel like?
  ▪ What does it mean to feel angry

➢ How do people use anger in their lives? How is it beneficial and how is it harmful?

➢ How have people learned unproductive anger management skills?
  ▪ Imitation from caregivers
  ▪ Societal influences
  ▪ Instinct

➢ What does anger do to a person's physical health as well as emotional health?
  ▪ Heart problems
  ▪ High blood pressure
  ▪ Anxiety
  ▪ Depression

➢ What are other repercussions of rage
  ▪ Relationship problems
  ▪ Job issues
  ▪ Job loss

❖ Anger Triggers

➢ What are triggers?
  ▪ See Explore Your Anger to Gain Control
What are examples of triggers?
What are your triggers?
See Teaching Body Cues for Anger Management
How can different situations have different triggers?

Anger Managing Techniques
See Anger Management Techniques
Overview of anger management techniques
  - Breathing
  - Excusing yourself
  - Think before you speak
  - Ask members to provide some suggestions and write them where everyone can see

Use anger management techniques for practice
  - Discuss situations when you use techniques
  - Role play situations
  - Give members scenarios in which they have to discuss how to best handle it while feeling angry

Real Life Anger Management Training
  - Members use anger management techniques outside of session and report effects
  - Discuss any problems that came from using the techniques

Wrap up course with reflections about what everyone learned and how it has helped with anger management.

Refer to:
Ten Tips for Anger Management
Youth Anger Management Tips