

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](#)