



North American Learning Institute

Anger Management Course Outline

1. What is Anger
 - a. What is anger
 - b. More anger than ever
 - c. Is anger bad
 - d. The cost of anger
2. Anger Awareness
 - a. How do others see me
 - b. You can change
 - c. Self-awareness
 - d. Third-party perspective
 - e. Awareness
 - f. Techniques
 - g. What makes me angry
 - h. Approaches
 - i. Understanding violence
 - j. Characteristics
3. Degrees of Anger
 - a. Frustrated
 - b. Annoyed
 - c. Angry
 - d. Very angry
 - e. Enraged
 - f. Assessment
 - g. Activity
4. Anger Journal
 - a. Tracking anger
 - b. Anger journal
 - c. Event
 - d. Feelings
 - e. Reaction
 - f. Example
 - g. Activity

5. Healthy Thinking
 - a. All-or-nothing
 - b. Overgeneralization
 - c. Mindreading
 - d. Catastrophizing
 - e. Chain reaction
 - f. What ifs
 - g. Shoulds
 - h. Filtering
 - i. Maximizing/Minimizing
 - j. Blaming
 - k. Jumping to conclusions
 - l. Always right
6. Relaxation Techniques
 - a. Relaxation and mindfulness
 - b. Techniques
 - c. Activities
 - d. Reflection
7. Positive Thinking & Empathy
 - a. Optimism
 - b. Bad stuff
 - c. Self-talk
 - d. Exercise
 - e. Thinking the best of others
 - f. Empathy
 - i. Cognitive
 - ii. Emotional
 - iii. Compassion
 - iv. Anger
8. Effective Communication
 - a. Express yourself
 - b. Body language
 - c. Strategies
 - d. How we speak
 - e. Speaking
 - f. Listening
 - i. Versus responding
 - g. Exercises

9. Resolving Conflict

- a. Anger and conflict
- b. Conflict is normal
- c. Resolving conflict
- d. Solutions
- e. Empathy
- f. Assertive
- g. Possibilities
- h. Willingness

10. Being Mindful

- a. Example
- b. Actively mindful
- c. Intention
- d. Activity
- e. Living in the moment
- f. Taking a time out

11. Resources

- a. Local agencies
- b. Mental health
- c. Substance/Alcohol abuse
- d. Violence

12. Anger Management Solutions

- a. Managing anger everyday
- b. Manage your anger
- c. React, don't respond
- d. Be aware
- e. Think positively
- f. Communicate effectively
- g. Resolve conflict