

Understanding Anger

Aims of the course

The overall aim of the course is to: Help participants understand what anger is, the effects of anger and how to control and manage anger.

Aims of session one

- To understand where anger comes from
- The physical and emotional effects of anger
- Understand the trigger for our anger

Aims of session two

- To understand what makes you angry
- The emotional effects of anger
- Understand what your triggers are
- To understand how perception plays a part

Aims of session three

- To understand how our belief and moods effect us
- To gain a greater understanding of our perceptions
- To better understand how our emotions play a part

Aims of session four

- To understand the importance of behaviour
- Assertiveness
- Understand how to change negative thinking to positive thinking

Aims of session five

- How to avoid angry dialogue
- Understand our emotional needs
- To understand the effects of poor lifestyle habits
- Learn some relaxation tools

Aims of session six

- Recap of the course