

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 affect 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
- Positive communication
- Assertiveness

Aims of session five

- Learn how to put your tools into action
- Understand how to change the negative to a positive
- Understand the importance of problem solving

Aims of session six

- To understand the effects of other emotions on behaviour
- To understand the effects of poor lifestyle habits
- Learn some relaxation tools

Aims of session seven

- How to avoid angry dialogues
- How to use coping thoughts
- To provide some useful things to remember

Aims of session eight

- Review the course content
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