Anger Management Group Curriculum

By: Holland Adinoff Adapted from:

West Virginia Department of Education
http://wvde.state.wv.us/counselors/group-lessons.html
Missouri Center for Career Education

http://www.missouricareereducation.org/for/content/guidance/ Wellness Reproductions and Publishing

http://www.gway.org/Websites/gway/images/Strategies%20for%20Anger%20Management.pdf

Overall Purpose: Understand the events and thoughts that make us angry. Understand how our values have been affected by anger. Decrease and control negative angry emotions and behaviors.

1 SWBAT: establish anger management goals 2 SWBAT: identity activating events and anger cues 3 SWBAT: identity angry behaviors and the consequences of those behaviors 4 SWBAT: take control of their anger and respond assertively 5 SWBAT: examine and understand the influence of role model's angry behavior and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management 2 SWBAT: examine goals Activating Events Group Share Anger Management Cues wrsht Behaviors and Consequences Group Share Reexamine goals Check-in Discuss control and anger management techniques of Check-in Early Anger Messages wrsht Sticking with My Values Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles video (Miss Representation) Sticking with My Values Check-in Early Anger Messages wrsht Sticking with My Values Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Anger Management Techniques Recap Anger Management	GROUP	GOAL	ACTIVITIES
Anger: Myth or Not Worksheet 2 SWBAT: identity activating events and anger cues 3 SWBAT: identity angry behaviors and the consequences of those behaviors 4 SWBAT: take control of their anger and respond assertively 5 SWBAT: examine and understand the influence of role model's angry behavior 6 SWBAT: examine and understand the influence of the media' society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management SWBAT: create an action plan for anger management Activating Events Group Share Anger Management Check-in Behaviors and Consequences Group Share Behaviors and Consequences Group Share Check-in Discuss control and anger management techniques to respond calmly to activating events Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques role Recap Anger Management Techniques role Plays	1	SWBAT: establish anger	Check-in
2 SWBAT: identity activating events and anger cues and anger devents and anger cues and anger Management Cues wrsht Discuss ABC Model 3 SWBAT: identity angry behaviors and the consequences of those behaviors and the consequences of those behaviors and Consequences Group Share Reexamine goals 4 SWBAT: take control of their anger and respond assertively assertively assertion, Aggression, and Assertion wrsht 5 SWBAT: examine and understand the influence of role model's angry behavior angry behavior 6 SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management 8 SWBAT: create an action plan for anger management SWBAT: devents Check-in Discuss control and anger management techniques of Sticking with My Values Check-in Early Anger Messages wrsht Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Recap Anger Management Techniques Recap Anger Management Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation)		management goals	Self-assessment
events and anger cues Activating Events Group Share Anger Management Cues wrsht Discuss ABC Model SWBAT: identity angry behaviors and the consequences of those behaviors SWBAT: take control of their anger and respond assertively SWBAT: examine and understand the influence of role model's angry behavior SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior SWBAT: use anger management techniques to respond calmly to activating events Activating Events Group Share Anger Management Cues wrsht Behaviors and Consequences Group Share Reexamine goals Check-in Discuss control and anger management techniques Non-assertion, Aggression, and Assertion wrsht Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles and Anger wrsht Gender Roles Video (Miss Representation) Sticking with My Values Recap Anger Management Techniques Role Plays Check-in Gender Roles Anger Management Techniques Role Plays Check-in Action Plan wrsht			Anger: Myth or Not Worksheet
Anger Management Cues wrsht Discuss ABC Model 3 SWBAT: identity angry behaviors and the consequences of those behaviors 4 SWBAT: take control of their anger and respond assertively 5 SWBAT: examine and understand the influence of role model's angry behavior 6 SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management SWBAT: identity angry Check-in Thermometer wrsht Behaviors and Consequences Group Share Reexamine goals Check-in Discuss control and anger management techniques Non-assertion, Aggression, and Assertion Wrsht Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Recap Anger Management Techniques Role Plays Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Plays Check-in Recap Anger Management Techniques Role Plays Check-in Check-in Early Anger Messages Check-in Gender Roles Plays Check-in Recap Anger Management Techniques Role Plays	2	SWBAT: identity activating	Check-in
SWBAT: identity angry behaviors and the consequences of those behaviors 4 SWBAT: take control of their anger and respond assertively 5 SWBAT: examine and understand the influence of role model's angry behavior 6 SWBAT: examine and understand the influence of the medial society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management SWBAT: identity angry Check-in Thermometer wrsht Behaviors and Consequences Group Share Reexamine goals Check-in Discuss control and anger management techniques Non-assertion, Aggression, and Assertion Wrsht Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Video (Miss Representation) Sticking with My Values Recap Anger Management Techniques Role Plays Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Plays Check-in Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Plays Check-in Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Plays Check-in Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Plays Check-in Check-in Early Anger Messages wrsht Sticking with My Values Gender Roles Plays Check-in Check-in Early Anger Messages Check-in Gender Roles Plays Check-in Che		events and anger cues	Activating Events Group Share
SWBAT: identity angry behaviors and the consequences of those behaviors SWBAT: take control of their anger and respond assertively SWBAT: examine and understand the influence of role model's angry behavior SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior SWBAT: use anger management techniques to respond calmly to activating events SWBAT: create an action plan for anger management SWBAT: description and the consequences Group Share Reexamine goals Check-in Discuss control and anger management techniques Check-in Early Anger Messages wrsht Sticking with My Values Check-in Gender Roles and Anger wrsht Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays			
behaviors and the consequences of those behaviors 4 SWBAT: take control of their anger and respond assertively 5 SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating plan for anger management 8 SWBAT: create an action plan for anger management SWBAT: create an action plan for anger management SWBAT: create an action plan for anger management Thermometer wrsht Behaviors and Consequences Group Share Reexamine and Check-in Discuss control and anger management techniques Check-in Discuss control and anger management Early Anger Messages wrsht Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht			Discuss ABC Model
consequences of those behaviors 4 SWBAT: take control of their anger and respond assertively 5 SWBAT: examine and understand the influence of role model's angry behavior 6 SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management SWBAT: take control of their Reexamine goals Check-in Discuss control and anger management techniques Check-in Early Anger Messages wrsht Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays	3		
behaviors SWBAT: take control of their anger and respond assertively SWBAT: examine and understand the influence of role model's angry behavior SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior SWBAT: use anger management techniques to respond calmly to activating events SWBAT: create an action plan for anger management SWBAT: take control of their Check-in Discuss control and anger management techniques Check-in Early Anger Messages wrsht Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays			
4 SWBAT: take control of their anger and respond assertively 5 SWBAT: examine and understand the influence of role model's angry behavior 6 SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management SWBAT: december and control and anger management techniques to Check-in Early Anger Messages wrsht Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays			·
anger and respond assertively Discuss control and anger management techniques Non-assertion, Aggression, and Assertion wrsht Check-in Early Anger Messages wrsht Sticking with My Values Check-in Early Anger Messages wrsht Sticking with My Values Check-in Gender Roles and Anger wrsht Gender Roles Video (Miss Representation) Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays events SWBAT: create an action plan for anger management techniques Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht			<u> </u>
assertively assertively techniques Non-assertion, Aggression, and Assertion wrsht SWBAT: examine and understand the influence of role model's angry behavior SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior SWBAT: use anger management techniques to respond calmly to activating events SWBAT: create an action plan for anger management techniques Non-assertion, Aggression, and Assertion wrsht Check-in Gender Roles video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht	4		
Non-assertion, Aggression, and Assertion wrsht SWBAT: examine and understand the influence of role model's angry behavior SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior SWBAT: use anger management techniques to respond calmly to activating events SWBAT: create an action plan for anger management Non-assertion, Aggression, and Assertion wrsht Check-in Gender Roles and Anger wrsht Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays			
SWBAT: examine and understand the influence of role model's angry behavior SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior SWBAT: use anger management techniques to respond calmly to activating events SWBAT: examine and Check-in Gender Roles and Anger wrsht Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht		assertively	•
5 SWBAT: examine and understand the influence of role model's angry behavior 6 SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management SWBAT: examine and Early Anger Messages wrsht Sticking with My Values Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Recap Anger Management Techniques Role Plays			
understand the influence of role model's angry behavior SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior SWBAT: use anger management techniques to respond calmly to activating events SWBAT: create an action plan for anger management Early Anger Messages wrsht Sticking with My Values Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Check-in Action Plan wrsht		014/24/2	<u> </u>
role model's angry behavior Sticking with My Values Check-in Check-in Gender Roles and Anger wrsht Gender Roles Video (Miss Representation) Sticking with My Values Gender Roles Video (Miss Representation) Sticking with My Values Gender Roles Video (Miss Representation) Sticking with My Values Sticking with My Values Action Plan wrsht	5		
6 SWBAT: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management Check-in Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht			, ,
understand the influence of the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management Understand the influence of Gender Roles and Anger wrsht Gender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht			
the media/ society's portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management Sender Roles Video (Miss Representation) Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht	6		
portrayal of gender specific angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management Sticking with My Values Check-in Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht			
angry behavior 7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management 8 Asymptotic anger management management anger management management anger ma			` '
7 SWBAT: use anger management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management Check-in Recap Anger Management Techniques Role Plays Check-in Check-in Action Plan wrsht			Sticking with My values
management techniques to respond calmly to activating events 8 SWBAT: create an action plan for anger management Recap Anger Management Techniques Role Plays Check-in Action Plan wrsht	7	<u> </u>	Chook in
respond calmly to activating events 8 SWBAT: create an action plan for anger management Action Plan wrsht	/		
events 8 SWBAT: create an action Check-in plan for anger management Action Plan wrsht			
8 SWBAT: create an action Check-in Action Plan wrsht		_ = =	Noie Flays
plan for anger management	8		Check-in
Closing activity			Closing activity

Group 1: Introduction/ Overview

Goal: Establish anger management goals

- 1) Check-in: Welcome back/ discuss winter break
- 2) Recap norms
- 3) Anger Management Overview
 - a) Overall purpose
 - b) Today's goal
 - i) Develop anger management goals and understand anger management beliefs
- 4) Self-Assessment
- 5) Goals
- **6)** Anger: Myth or not worksheet (if time)
- 7) HW: Over the next week, think about When/ What/ Where makes you angry?

Group 2: Angry Events and Cues

Goal: Id events that make you angry and your cues that you are feeling angry

- 1) Check-in
- 2) What events/ situations/ triggers make you angry- group share
- 3) Anger Management Cues Wrsht
 - a) Physical, behavioral, emotional, cognitive cues
 - b) Group share
- 4) ABC Model wrksht
 - a) Lies we tell ourselves wrksht
- 5) Process
 - a) Do your cues change depending on the level of anger you feel?
 - b) How does it feel to write down specific cues?

Group 3: Behaviors and Consequences of Anger

Goal: Id your behaviors when you're angry and the consequences of those behaviors

- 1) Check-in
- 2) Thermometer wrksht
 - a) Rate how angry each event makes you
 - b) Group share- events at 0, 5, and 10
- 3) What are your behaviors for each event on your thermometer?
 - a) Group share- behaviors for events at 0, 5, and 10
- 4) What are the consequences related to each behavior?
 - a) Positive and negative
 - b) For you and others
 - c) Group share
- 5) Re-examine goals
 - a) Are you accomplishing your goals?
 - b) Do you want to make any changes?
- 6) Process
 - a) What are the group's similarities and differences in angry behaviors?
 - **b)** What are the differences in the consequences for you and others?
 - c) How does it feel to identity your behaviors and the consequences of those behaviors?

Group 4: Controlled and Assertive Responses to Anger

Goal: Learn ways to take control of anger and react assertively

- 1) Check-in
- 2) Look at the events that make you angry. What can you control?
 - i) Can't control other people or negative events
 - ii) Can control your behavior and consequences
- 3) Steps to take control
 - i) STOP- recognize the event, triggers, and your cues
 - ii) COOL DOWN- develop an invisible cool down
 - (1) Ex: deep breath- we will discuss more next time
 - iii) Think of a calm response or not angry response
 - iv) Act on the calm response
 - b) Openly talk about feelings and communicate your wants and needs
 - c) Listen to what other's feelings and their wants and needs
 - d) Use I messages to avoid blaming
 - i) When you... I feel....
 - ii) I feel... when... because... and I want/need you to
 - (1) I feel
 - (2) Tell the person what made you feel that way- when
 - (3) Tell the person why you feel that way- because
 - (4) Tell the person what you want- I want you to/ I need you to
- 4) Introduce Anger Management Techniques
 - a) 5 Senses (Sight, smell, taste, hearing, and touch)
 - i) Anger can be reduced by activating a sense. The more senses used the better.
 - b) Group share-What can you do in the moment?
 - c) Group share-What can you do long term?
 - d) Practice a few techniques
- 5) Non-assertion, Aggression, and Assertion Worksheet
 - a) Read aloud worksheet and let group decide if the event is NON, AGG, or AST
 - b) Response Discrimination Test
- 6) Process
 - a) What communication style do you usually use?
 - b) What can you do to take control and respond assertively?
 - c) Do you think changing your communication style will be easy or hard?

Group 5: Effects of Role Model's Anger

Goal: Examine and understand the influence of role model's angry behavior

- 1) Check-in
- 2) Early Anger Messages wrksht
 - a) How did role model express anger?
- 3) Sticking with My Values Activity
 - a) Ask students to write down all of their learned anger values on sticky notes. 1/ sticky note
 - b) Stand in a circle with a trash can in the middle
 - c) Participants to take turns reading a sticky note and decide whether or not they want to keep the value
 - d) If they want to get rid of the value, they put it in the trash can. If they want to keep it, they stick it on their clothes to display their values.
- 4) Process
 - a) How do you think these influences have effected your beliefs and behaviors
 - b) How does it feel to decide on the values you want to keep?
 - c) What does keeping these values mean?

Group 6: Effects of Gender Specific Anger

Goal: examine and understand the influence of the media/ society's portrayal of gender specific angry behavior

- 1) Check-in
- 2) Gender Roles and Anger wrksht
- 3) Watch part of Miss Representation
 - a) Group discussion
- 4) Sticking with My Values Activity
 - a) Ask students to write down all of their learned anger values on sticky notes. 1/ sticky note
 - b) Stand in a circle with a trash can in the middle
 - c) Participants to take turns reading a sticky note and decide whether or not they want to keep the value
 - d) If they want to get rid of the value, they put it in the trash can. If they want to keep it, they stick it on their clothes to display their values.
- 5) Process
 - a) How do you think these influences have effected your beliefs and behaviors

Group 7: Role Plays

Goal: Practice anger management techniques and calm behaviors.

- 1) Check-in
- 2) Practice other anger management techniques
- 3) Role play
 - a) Each student will write down an activating event/ situation
 - b) Students will take turns acting out events
- 4) Process
 - a) How did it feel to actually act out triggering events?
 - b) What techniques worked for you?
 - c) What responses did you like and not like?

Group 8: Closing and Action Plan

Goal: Establish an action plan for anger management and close group

- 1) Check-in
- 2) Action Plan wrsht
- 3) Closing activity
 - a) Discuss how anger can be subsided by using the 5 senses
 - b) This activity will involve all 5 senses (sight, smell, taste, hearing, and touch)