

N – This group was called Focused Fire and focuses on Anger Management. The group began with a brief check in and refreshments we served .We discussed what will be covered in the group as an introduction to the class. We discussed that Anger is an emotion to be understood. We talked about anger as an emotion and taught that if we are able to become aware of our feelings then we are able to prevent outbursts of anger that can have negative consequences. We talked about How our body reacts to Anger in the Fight, Flight, Freeze as in a physiological arousal response. We went over each response and discussed each.

A – In this session the clients learned how they respond to anger and the clients responded to how they do respond to anger. We then discussed the Fight ,Flight ,and Freeze response of physiological arousal. The clients we open to discussion and Behavioral Cognitive Therapy was used. The clients wrote on their handouts and took notes as the lecture applied to them. Each told stories of how they had responded to anger and how now they know that anger has caused relationship and family problems. The group was open to discussion and gave valuable feedback to coping skills that they have learned such as walking away and recognizing their body physiological signs.

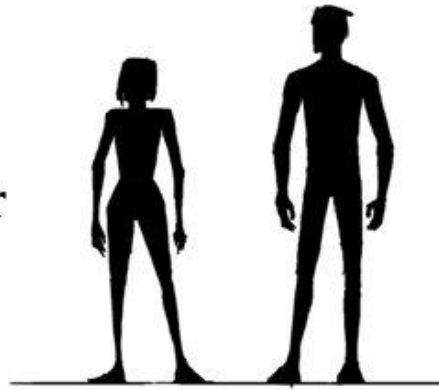
P – to continue recovery support services, and to maintain sobriety.

# Trauma changes our physiology

## fight, flight or freeze response

### Noticeable Effects

- Pupils dilate
- Mouth goes dry
- Muscles tense
- Heart pumps faster
- Breathing rate increases
- Chest pains
- Palpitations
- Perspiration
- Hyperventilation



### Hidden Effects

- Brain prepares body for action
- Adrenaline released
- Blood pressure rises
- Liver releases glucose to provide energy for muscles
- Digestion slows or ceases
- Cortisol released (depresses immune system)