

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 any past anger situations in the past week and each group member responded. 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 went over the anger iceberg and discussed how sometimes when we are angry there are other emotions under the surface. We talked about what kind of emotions of anger can live under the surface such as embarrassment, annoyed, offended, attached, grief, insecure, disrespected, hurt, jealous, tricked, frustrated etc. the group added to the list of the names and shared what emotions lead to an anger outburst.

A – In this session the clients learned how they respond to anger and the clients responded to how they do respond to anger. The clients wrote their response to their anger iceberg and discussed their response with the group. 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.

Client was active in group discussion and participation.

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

Anger Iceberg

Sometimes when we are angry, there are other emotions under the surface

Icebergs are giant floating pieces of ice found in the coldest parts of the ocean. What you can see from above is just a tiny part. Most of the iceberg is hidden under the surface.

