

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 went over the staying calm and anger management. We went over negative self-talk and positive coping thoughts. The clients were given examples of negative self-talk such as I hate being disrespected, hurt me and I hurt you, they don't care why should I etc. Then the clients wrote in their positive coping thoughts. Once they were complete the group shared their response.

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 volcano and discussed their response with the group. The clients we open to discussion. 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.

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



## ***Brainstorm/Buzz Staying Calm & Managing Anger***

Rewrite the following negative self-talk with positive coping thoughts.



<b>Negative Self-Talk</b>	<b>Positive Coping Thoughts</b>
<ul style="list-style-type: none"><li>• I can't stand this—it's too hard!</li><li>• I don't know what to do.</li><li>• Ignoring will never work.</li><li>• I am losing control and will explode soon.</li><li>• I am going to hit her—it's the only way to get her to stop.</li><li>• It's awful to let him disrespect me. It's not good to look weak in front of my students.</li><li>• I hate being disrespected.</li><li>• I'm a terrible teacher.</li><li>• She will never change.</li><li>• It's just not fair, this child should not be in my classroom.</li><li>• I can't let him challenge my authority.</li><li>• This is ridiculous, I have too many students.</li><li>• He hurt me so I should hurt him.</li><li>• I don't like him when he's like this.</li><li>• His parents don't care, so why should I?</li></ul>	