

## Anger Management Skills

<b>Recognize your Anger Early</b>	If you're yelling, it's probably too late. Learn the warning signs that you're getting angry so you can change the situation quickly. Some common signs are feeling hot, raising voices, balling of fists, shaking, and arguing.
<b>Take a Timeout</b>	Temporarily leave the situation that is making you angry. If other people are involved, explain to them that you need a few minutes alone to calm down. Problems usually aren't solved when one or more people are angry.
<b>Deep Breathing</b>	Take a minute to just breathe. Count your breaths: four seconds inhaling, four seconds holding your breath, and four seconds exhaling. Really keep track of time, or you might cheat yourself! The counting helps take your mind off the situation as well.
<b>Exercise</b>	Exercise serves as an emotional release. Chemicals released in your brain during the course of exercise create a sense of relaxation and happiness.
<b>Express your Anger</b>	Once you've calmed down, express your frustration. Try to be assertive, but not confrontational. Expressing your anger will help avoid the same problems in the future.
<b>Think of the Consequences</b>	What will be the outcome of your next anger-fueled action? Will arguing convince the other person that you're right? Will you be happier after the fight?
<b>Visualization</b>	Imagine a relaxing experience. What do you see, smell, hear, feel, and taste? Maybe you're on a beach with sand between your toes and waves crashing in the distance. Spend a few minutes imagining every detail of your relaxing scene.

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. In this session the group was given a handout on Anger Management Skills, we discussed recognizing anger early, take a time out, deep breathing, exercise, express your anger, think of consequences, and visualization are way to cope with anger in a positive way. 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 worksheet 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.