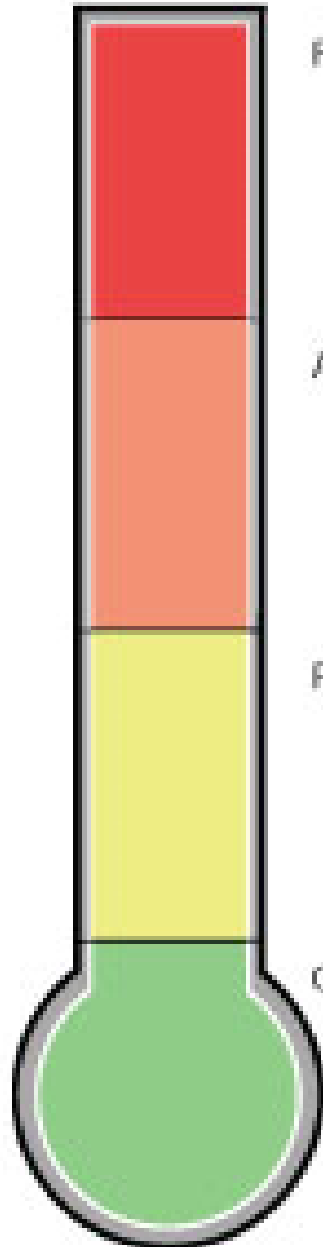


Write 2 things or situations that make you feel each of the emotions listed below.



Furious

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_

Angry

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_

Frustrated

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_

Calm

- 1. \_\_\_\_\_  
\_\_\_\_\_
- 2. \_\_\_\_\_  
\_\_\_\_\_

# The **Anger** Rules

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**It is OK to get mad, BUT**

**1. Don't hurt others**

**2. Don't hurt yourself**

**3. Don't destroy property**

**And**

**DO talk about it!**

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 anger rule and the consequence were hurting others, hurting ourselves and hurting property and to talk about anger. We then went over a handout called the anger thermometer were calm, frustrated, angry, and Furious state of emotions were discussed.

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 thermometer in calm, frustrated, angry, and furious states. 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.

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