

Frustrations

What are pet peeves?

Cause

Look

Cure

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 Frustrations and how frustrations are feelings that can lead to negative thoughts, and negative behaviors. The participants were given a poster board and markers as they were to write out their frustrations, the cause of their frustrations, what their frustrations look like, and what their cure for their frustrations is. They were given time to work on their poster board and they presented their poster board to the other group members.

A – In this session the clients learned how they respond to their frustrations that lead to anger. We discussed each topic of how their frustrations are caused, what they look like, and their cure for their frustrations. As the group presented their poster board, their peers were encouraged to give the presenter positive feedback. This allowed for peer support in their anger, frustrations, and recovery. The clients were opened up to discussion and Behavioral Cognitive Therapy was used. The group gave valuable feedback to coping skills that they have used.

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