

Focused Fire: Anger Management ABC

N – This session began with a brief check in after the check-in we discussed The Rational Emotional Therapy as in the ABC. The client was given a poster board and was to write out ABC. The clients were an ABC belief monitoring worksheet too. The then were taught through lecture on A being the Antecedent./Trigger; Belief/thought; Consequences. The group filled out A and gave a description to what was the situation. B was filled out to the following questions; what thoughts or beliefs did you have about the situation? How true did that belief seem where 0% is not true at all and 100% is absolutely true. C was then filled out by the following questions; how did you feel when the situation happened? How did you act? How did others react? The clients then presented their poster board to the class and we discussed each topic.

A – The group processed each topic talked and discussed each of their answers. After group had shared the group members responded to their peers. The client was active in listening and engaged in valuable feedback. The group was taught through REBT and ABC's technique was used. The group responded well to their peers. The group learned how they respond, belief their emotions behind their anger, and the triggers of their anger situations.

P – To continue to learn new relapse prevention coping strategies and to continue to maintain sobriety.