

N – This group was called Focused Fire and focuses on Anger Management. We discussed what will be covered in the group as an introduction to the class. We discussed that Anger is an emotion and understanding and anger as an emotion new are able to become aware of our feelings to prevent outbursts. We talked Anger and You, and How do you respond to anger? Verbally, rage, physical violence, frozen, stuffed feelings, open, rational, and calm? We also discussed the Role of Anger.

A – In this session the clients learned how they respond to anger and the clients responded to how they do respond to anger. We then discussed the Fight ,Flight ,and Freeze response of physiological arousal. The clients we open to discussion and a Dialectical Behavioral Therapy was used. The clients then wrote in their workbooks and shared their response.

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

N – This group was called Focused Fire and focuses on Anger Management. We discussed that Anger is an emotion and understanding and anger as an emotion new are able to become aware of our feelings to prevent outbursts. We talked Anger and False beliefs about anger. We discussed the false belief of “I am not responsible for my feelings, I get my way if I get angry enough, My way is the only way, and I am a bad person if I get angry” the question were answered by describing how each belief may be harmful, and to Describe a more healthy way of thinking. We then covered how their body reacts to anger and the clients drew a picture on how their body looks when they are angry. We discussed the physiological arousal process of the body when anger is presented.

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 then wrote in their workbooks and shared their response. They learned the body reaction to anger and to learn to change their cognitive approach to anger.

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