HANDLING DIFFICULT FEELINGS: ANGER

KEY FOCUS OF THIS UNIT

The primary focus of these resources is awareness and <u>self-management of symptoms and trigges to anger</u>. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT mindfulness activities, distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

GOALS: Increased understanding and successful management of angry feelings.
Success in handling angry feelings from specific problem situations.
Demonstrated understanding (CBT).
Movement to Contemplation Stage. (❑ awareness, ❑ understanding, ❑ insight, ❑ acceptance)

- This unit teaches specific self-management skills.
- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.

1	Mindfulness moment 5	Pre11 - You can't change me 15	F10 - Feelings, part 1 20	FFT Conflict Resolution 10	Worksheet - Anger symptoms template 10
2	Mindfulness moment 10	F10 - Feelings, part 2 25	Worksheet: Anger symptoms management - FID 15 (shorter model)	Trigger events 1	
3	Mindfulness moment 10	F10 - Feelings, part 3 25	Worksheet: Using the feelings rules anger scale to help identify triggers 10-15	Problem behaviors 2	
4	Mindfulness moment 10	F2 - Anger, part 1 25	Worksheet: Anger self-assessment (from MI-MAV-1) 15	Trigger events 3	
5	Mindfulness moment 10	F2 - Anger, part 2 25	Worksheet: Anger symptoms checklist (from MI-MAV-1) 15	Trigger events 4	
6	Mindfulness moment 10	F2 - Anger, part 3 25	Worksheet: Assessment: anger stressors or triggers - what pushes your buttons 10-15	Trigger events 5	
7	Mindfulness moment 10	F2 - Anger, part 4 25	Worksheet: Dealing with your anger - where do you want to be? 10	CF17.4 Aggravation and disrespect 4 (SL) 20	
8	Mindfulness moment 10	FFT ST19 Using anger to control others 20	Worksheet: Anger triggers summary activity 10+	Problem behaviors 1 Trigger events 7	
9	Mindfulness moment 10	FFT ST20 Holding on to anger 20	Worksheet: Symptoms management - assessing frequency, intensity, and duration 20 (again)	CF17.1 Aggravation and disrespect 1 (SL) 20	

10	Mindfulness moment 5	**Worksheet: Situational confidence - anger 25**	Worksheet: Decision tool - with rulers 10	FFT Anger and stress 20	

Key summary element:

- Lesson #10 - Worksheet: Situational confidence - anger

OUTCOMES

- "Build a life worth living." (Linehan)
- Participant functions successfully in daily living - and has the skills and motivation to maintain positive functioning.
- Envision and pursue positive life goals. Deal successfully with ordinary problems.

Improved general functioning through implementation of long-term mental health and self-management plans.

- increased awareness of cognitive risk factors and issues underlying angry feelings - and potential issues in their lives
- increased acceptance that anger (and specific triggers to anger) may have influenced some of their past issues and choices
- increased acceptance that anger may still influence some of their current issues and choices
- development of selected options for dealing more effectively with the above - specifically the selected/targeted coping skills
- In practice against internal and external high risk situations presented in scenarios provided, demonstrate repeated successful coping
- demonstrate competence at problem solving skills (versus specific risk factors).
- assessment of personal situational confidence in dealing with these specific areas.
- key outcome is that they have the motivation - and an actual action plan - to handle some of these issues more successfully going forward.

ADDITIONAL GOALS

- documentation of increased importance, confidence, and readiness for key changes (as assessed by MI-instruments and behaviors).
- positive social integration and functioning now, and going forward.
- note specific steps they will take, and areas for further development
- preparation for effective community and social reintegration going forward.
- effective self-management continue to maintain positive and pro-active physical and mental health behaviors going forward.
- Through completion of behaviorally-stated objectives, demonstrate effective implementation and action plans for successful integration of key strengths and protective factors targeted by program.

In more than 10,000 scientific studies, the advantages of taking time to pause in one's life, as is done with mindfulness and meditation, have proved to help people live happier, healthier lives.