

UNIT CR-C: ANGER (10 sessions)

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,.

<ul style="list-style-type: none"> ● Contemplation stage <input type="checkbox"/> awareness <input type="checkbox"/> understanding <input type="checkbox"/> insight <input type="checkbox"/> acceptance 	1	How are you feeling today? (anger version) F10 - Your feelings, part 1 FFT - On the day you were arrested
	2	Discrepancy Tool F10 - Your feelings, part 2 WDYT 37 - I can't remember a normal life
	3	Using the Anger Scale to identify triggers and thoughts F10 - Your feelings, part 3 FFT - Time to think
	4	Self-management skills: thought stopping, and stop-think-act (introduction) Symptoms management (assessing frequency, intensity, duration) F2 - Anger, part 1 FFT - Richie's future
	5	thought stopping scenario 1 Symptoms management (assessing frequency, intensity, duration) (introduction) F2 - Anger, part 2 FFT - Four cases
	6	thought stopping scenario 2 Symptoms management (assessing frequency, intensity, duration) F2 - Anger, part 3 WDYT 42 - Pablo cries at night
	7	thought stopping scenario 3 Symptoms management (assessing frequency, intensity, duration) F2 - Anger, part 4 FFT - Small problems add up
	8	thought stopping scenario 4 F13 What does anger do to you?, part 1 FFT - Shawn's choices
	9	Symptoms management (assessing frequency, intensity, duration) F13 What does anger do to you?, part 2 FFT - Conflict resolution
<ul style="list-style-type: none"> ● Assessment and action planning 	10	thought stopping scenario 5 Symptoms management (assessing frequency, intensity, duration) TP8 - Developing resilience FFT - One thing you'd do