UNIT CR-D - MANAGING AGGRESSION AND VIOLENCE (SKILLS VERSION)	
GOAL: Increased self-awareness and improved interpersonal and self-management skills. ***Skills development resource -*** *with complete lesson plans, worksheets and participant activities.* Each lesson includes multiple cards for role playing and problem solving.	
1	Session opener - *Mindfulness moment* MAV1 - Introduction to anger ANGER SELF ASSESSMENT Discussion starter: What do you think?
2	Session opener - *Mindfulness moment* MAV2 - Introduction to anger2 Anger assessment- is it troubling Using the feelings rulers for triggers (anger version) Discussion starter: What do you think?
3	Session opener - *Mindfulness moment* Anger symptoms checklist MAV3 - Why we need good communication skills Discussion starter: What do you think?
4	Session opener - *Mindfulness moment* MAV4 - Why we need good communication skills2 Discussion starter: What do you think?
5	Session opener - *Mindfulness moment* THE LAST TIME YOU DID SOMETHING AGGRESSIVE OR VIOLENT MAV14 - Before you get angry Symptoms management (assessing frequency, intensity, duration) Discussion starter: What do you think?
6	Session opener - *Mindfulness moment* MAV 16 - How to keep out of fights Discussion starter: What do you think?
7	Session opener - *Mindfulness moment* MAV 17 - How to keep out of fights 2 Changing thoughts, making choices that work #4 (carry yourself)
8	Session opener - *Mindfulness moment* Worksheet - Take a look MAV20 - Handling Provocations Using the feelings rulers for triggers (anger version)
9	Session opener - *Mindfulness moment* MAV21 - Handling Provocations 2 Discussion starter: What do you think?

10	Session opener - *Mindfulness moment* MAV22 - When someone else is angry at you Symptoms management (assessing frequency, intensity, duration) Discussion starter: What do <u>you</u> think? Goal Setting Activity- anger