### UNIT CR-C: ANGER (10 sessions)

**GOAL S:** Increased understanding and successful management of angry feelings. Success in handling angry feelings from specific problem situations. Demonstrated understanding, (CBT). Movement to Contemplation Stage.

<table>
<thead>
<tr>
<th>Stage</th>
<th>Activities</th>
</tr>
</thead>
</table>
| Contemplation stage | 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 |
|   | 10. Assessment and action planning  
thought stopping scenario 5  
Symptoms management (assessing frequency, intensity, duration)  
TP8 - Developing resilience  
FFT - One thing you’d do |

[www.newfreedomprograms.com](http://www.newfreedomprograms.com)