Understanding Your Anger

**Session 1**    Initial anger management assessment
**Session 2**     Understanding the physical and psychological aspects of anger
**Session 3**     Uncovering your anger triggers and your anger style
**Session 4**    The relationship between anger and feelings or unresolved emotion

Anger and Personal Relationships\*

**Session 6**     Power and control, and cycle of violence

Strategies to Reduce Anger

**Session 7**     Stress reduction and self care
**Session 8**     Assertive communication skills
**Session 9**     Effective problem solving skills

Healing from Anger

**Session 10**    Improving your self-esteem
**Session 11**    Developing healthy relationships
**Session 12**    Program review and anger management relapse plan

* To help you recognise what makes you angry (triggers or catalysts for anger) and to get you to ask yourself questions about your anger such as “What type of people or situations make me angry?”, “What do I do when I am angry?”, and “How does my anger affect others around me?”
* To teach you how to best respond to these triggers without being aggressive. (See [**Dealing with Aggression**](http://www.skillsyouneed.com/ps/dealing-with-aggression.html))
* To enable you to learn specific skills to help you manage triggers for anger effectively.
* Help you identify times when your thoughts do not lead to logical or rational conclusions. Your counsellor will work with you to change how you think and react to certain situations.
* To teach you how to relax, how to stay calm and be peaceful when you feel a surge of anger. (See [**Relaxation Techniques**](http://www.skillsyouneed.com/ps/relax.html) and [**Mindfulness**](http://www.skillsyouneed.com/ps/mindfulness.html))
* To help you learn how to be assertive. By being able to express yourself assertively you will feel more in control of situations.  Assertiveness should never be confused with aggression. (See [**Assertiveness**](http://www.skillsyouneed.com/ps/assertiveness.html))
* To help you learn some problem-solving techniques.  Solving problems can make you feel empowered and will reduce the risk of triggering anger or frustration. (See [**Problem Solving**](http://www.skillsyouneed.com/ips/problem-solving.html))