

Step 1 – Maintain silence and close your eyes before you recall the incident. Take 10 minutes for this.

Step 2 – Fill in the Guide Form given below.

Event (What's the incident?)	Trigger/What made you angry?	Emotion(s) did you feel(s)?	Sensation(s) did your body react(s)?	Thought(s) that was going in your mind(s)?	Behavior(s) that was your reaction(s)	Consequence(s) that was the result of your reaction(s)

Anger Management - Myths & Facts

There are many widespread beliefs and myths regarding anger. Let's deconstruct these myths and know what the facts are.

Myth 1 – Venting my anger out relaxes me. Holding it in isn't healthy.

Fact – There is a saying that holding on to anger is like holding on to red-hot coals in your palms. Anger should be drained out, but not by being aggressive. That will only lead to further confrontations.

Myth 2 – My aggressive behavior gets me attention, respect, and obedience.

Fact – Power to influence comes from understanding someone and not by intimidating him. You may bully people into submission, but they won't respect you and will eventually desert you if you can't tolerate opposing viewpoints.

Myth 3 – I cannot control my anger.

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Anger Management GTS Learning,2013 With short answer questions which relate directly to the session material this book provides learning objectives a pre assignment questionnaire and an assessment test to help you learn how to control anger in the workplace

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for Dummies - [Review Keypoints and Take-aways] PenZen Summaries,2022-11-27 The summary of Anger Management for Dummies Your one stop guide to anger management presented here include a short review of the book at the start followed by quick overview of main points and a list of important take aways at the end of the summary The Summary of This year s edition of Anger Management for Dummies is a guide to dealing with your own irritability on the inside These eye ideas will provide you with the tools you require to comprehend and more importantly take control of your feelings of rage You will learn methods for dissolving stress coping with provocations and even putting an immediate stop to temper tantrums Anger Management for Dummies summary includes the key points and important takeaways from the book Anger

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Anger Management ,2018

Research tells us that those who manage their anger at work are much more successful than those who don t This book will help you to recognize how anger affects the body mind and behavior use a five step method to break old patterns and replace them with a model for assertive anger identify their hot buttons or triggers and how to manage them control their emotions when faced with other peoples anger identify ways to help other people safely manage some of their repressed or expressed

anger and communicate with others in a constructive assertive manner

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