

16-Week Anger Management Course

What is Anger?

Anger, also known as wrath or rage, is an intense emotional state involving a strong uncomfortable, and non-cooperative response to a perceived provocation, hurt, or threat. A person experiencing anger will often experience physical effects, such as increased heart rate, elevated blood pressure, and increased levels of adrenaline and noradrenaline. Some view anger as an emotion that triggers a part of the fight or flight response. Anger becomes the predominant feeling behaviorally, cognitively, and physiologically when a person makes the conscious choice to take action to stop the threatening behavior of another outside force immediately. When expressed healthily, anger can foster personal growth and significance, improving relationships and changing lives.

- What is anger?
- The power of anger & its triggers.
- What is healthy anger?
- Defusing anger & stress management.
- Handling anger effectively.
- Anger & assertiveness.
- Conflict management.
- Learning how to forgive.
- Taking a time-out.
- Cognitive distortions & changing your thinking.
- Emotional intelligence.
- Relationship building.
- Playing the tape through & consequences.
- Preventing aggression.
- Stop blaming & accept responsibility.
- Rage & managing anger long term.

Learn to control your anger for good purposes, with the help of Life Choices. You can learn how to be good and angry and deal with rage. Triggers for anger, the physiology of anger; key strategies for redirecting anger, application questions geared to help you develop your emotional intelligence; and practical steps on forgiveness and how to apologize. Life Choices will teach you how to transform your anger into healthy skills for living so you can achieve the goals that you really want in life. This course emphasizes the source of anger, triggers that provoke anger, and examples of how to express anger through problem-solving, assertiveness, behavioral skills, stress and conflict management, empathy, and forgiveness. Meant to assist people with different experiences in all walks of life. People with Hidden Anger might be feeling depressed. People dealing with explosive anger and rage. Even people who don't believe they have ever felt angry.