

Anger Management Workshop Series

Part II: Emotion

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1. Group Check-in (20 minutes)

2. Defining Emotion (10 minutes)

- Brainstorm and write on board definition of emotion
- Discuss how emotions are a form of communication

3. Perceptions of Anger (20 minutes)

A. How is anger viewed in our society?

- Present the idea that anger is just an emotion that's been judged or perceived in a certain way; it is generally thought of as negative and something to be avoided at whatever cost. One way to understand anger differently is to challenge some of our perceptions.

B. Hand out *Misconceptions about Emotions* & complete

C. Process responses and reactions to handout

BREAK

4. Regulating Emotions (15 minutes)

- Present the idea that the goal of emotion regulation is not to get rid of emotions, but to increase our awareness of them.
- Present the idea that intense emotions have powerful immediate and aftereffects on our memory, thoughts, behaviors, and interpersonal relationships. Thus, it is important to learn how to manage and regulate our emotions.

A. First step in regulating emotions is identifying feelings

Hand out *Identifying Feelings*

- Accurately label feelings (look at sheet for types of emotions)

- Determine magnitude of feelings (look at the level of intensity of emotion High-Low)

B. Increase awareness of facial expressions & body changes

C. Be "mindful"

- Define: small shift in our awareness; becoming aware of our own experience, and state of mind. Mindfulness is being more aware of what we are experiencing in our mind and body from moment to moment.

5. Understanding Hidden Anger (15 minutes)

Hand out Hidden Anger & process

- Present idea of proportionate and disproportionate responses to situations (stimulus-response model).
- Discuss how residual (left-overs) anger may be the result of previously unresolved situations, leading to "Hidden Anger."
- Other causes for hidden anger may include:
 - Unrealistic expectations
 - Physical, emotional abuse
 - Exposure to violence or abuse
 - Greater sensitivity to stress

6. Self-Soothing Exercise (10 minutes)

- Introduce deep-breathing as one technique for regulating emotions and managing hidden anger.

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