

Nations Academy Center

4 Hour Anger Management Course Outline

Chapter 1

- Students identify the nature of their anger and explore how their upbringing or a series of events in their lives affects the way they express themselves.
- Students explore and define what is anger
- Determine is it ok to be angry
- Understanding the anger
- Students will also take a pretest that encourages one to think about anger as an emotion that can be controlled.

Chapter 2

- Students learn about the causes of anger and techniques on how to improve their response to stressful situations.
- Explore how positive thinking can help the anger.
- Learn to accept situations that they have no control over.
- Learn how to problem solve.
- Students are coached to identify the people, events or circumstances that make them angry and why.

Chapter 3

- Students will learn how to communicate their emotions effectively.
- Student will learn that listening is essential to any communication process and will discover the components that deteriorate the communications process.
- Following this session, students will be asked to prepare a letter in a 20-minute exercise.

Chapter 4

- Students learn how anger is expressed and how to change the way they respond to internal and external stress.
- Explore the components of being Emotionally Intelligent.
- Techniques to resolve anger and aggression.
- Students will learn how to exercise impulse control.
- Students will learn self-awareness, self-management and self-analysis