Anger Management & Violence Prevention: 
Course Facilitation Guide

Understanding Anger

Overview:
To understand what anger is and dispel myths.

Ground Rules:
This class is for you! You will get out of it what you put into it. You have the right to “pass” on any activity/group discussion that you do not feel comfortable participating in.

1) Respect: No verbal or physical abuse, no sexist, ageist, racist language or behavior is acceptable.

2) Space: People should have time and space to say what they need to, that means no interrupting, shouting, and remain conscious of how long you have been speaking to ensure that everyone in the group gets the opportunity to speak.

3) Care: Personal and sensitive topics may surface in this class; be sensitive to the needs of other members of the group. Listen quietly, be encouraging and positive, and try to frame critical remarks constructively.

4) Confidentiality: This space should be a “safe space.” Everything said in this class will stay in this class.

Are there any “Ground Rules” mentioned above that the class would like to add?

Discussion Topic:

1) Briefly discuss a time when you became angry and if you experience guilt and regret after the moment passed.
Handout Packet: Understanding Anger Management and Violence Prevention

- Myths of Anger
- Key Anger Payoffs
- Your anger Payoffs Worksheet
- Anger Log
**WEEK 1: Understanding Anger Management and Violence Prevention Handout**

**Anger Overview:** For most people, chronic anger covers incredible pain. And while anger often feels like a release at the moment, it inevitably makes the underlying pain worse. Of those people who suffered the greatest damage in childhood, most were harmed by repeated exposure to anger. The majority of chronically angry people were also damaged by anger as children. People struggling with chronic anger suffer long-term consequences in both work and personal relationships. They tend to feel more alone, more disappointed by life, and less nourished by their relationships. The greatest predictor of satisfaction in marriage is how people learn to handle conflict and anger. Anger is a learned response, and the anger response can be unlearned with commitment and effort.

**Myths of Anger:**

*Anger is a biochemically determined event* - FALSE!!! Belief that anger is a result of hormonal changes of activity in the limbic system. Research shows that hormones do not become the anger hormone. Stimulation in the limbic system does not elicit aggression unless it is learned.

*Anger and Aggression are Instinctual to Man* - FALSE!!! Humans are endowed with a basic instinct for aggression; however, it is scientifically incorrect to state that humans learned war from animal ancestors and that violent behaviors are genetically programmed into our human nature. It is also simply incorrect to say that human evolution has led to violence as status within society is achieved through cooperation!!

*Frustration leads to Aggression* - FALSE!!! Frustration can only occur when you have an expectation that is not fulfilled, disappointment requires cognitions that include memory and imagination. A person who is frustrated will not act aggressively unless the setting is perceived appropriate.

**Key “Anger Payoffs”:**

- *Anger Reduces Stress:* Many people find that they feel relaxed and as though a large weight has been lifted after a blow-up. These effects are brief as tension soon returns and studies show that anger creates more anger. Anger as a means to reduce stress often only increases occurrence and strength of outbursts and makes them harder to control.
- **Anger Hides Emotional Pain**: Anger is often used as a defense against fear, loss, guilt, shame, and feelings of rejection or failure. Once again, the short-term payoff has long-term consequences. Using anger to defend against feelings makes those feelings get worse over time and anger responses become habitual and harder to control.

- **Anger Gets your Attention**: Anger does get people's attention. Yet again, the immediate payoffs have long-term consequences. Most people do not respond to anger with attentive listening; they get immediately defensive and tune you out. They start avoiding you or they begin to resent you and hold it against you. Also, over time people who responded initially get hardened over time and stop being alarmed by your anger and start being disgusted by it.

- **Anger helps you change others**: People sometimes give you what you want after and anger outburst; yet, in the long run they turn off and turn away from you. They resent being controlled by fear. Using anger to change others leaves you feel helpless. You feel powerless to overcome the problem yourself and all you now how to do is try to coerce the other person into corrective action. By placing responsibility to change a painful situation outside yourself you are leaving others in charge of your pain and your life.
What are Your Anger Payoffs?

In this exercise identify which anger payoffs influence you. For each anger payoff listed below, do a mental inventory of relationships and situations in your life (anger with family, friends, kids, coworkers, boss, road anger, anger against objects etc.) See if that payoff is in any way influencing or reinforcing your anger. If so, select a typical example and write it in the space provided.

1. Reduce Stress- Using anger to discharge stress:

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

2. Hide Emotional Pain- Using anger to defend against shame, guilt, depression, etc.:

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

3. Get Attention- Using anger so people will listen to you:

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________

4. Punishment and revenge- Using anger to make people feel as much pain as you do

_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
_________________________________________________________________________________________________
5. Change the behavior of others – Using anger to coerce people to do what you want
Anger Log:

The Anger Log is a tool that provides an opportunity to learn more about the components of your anger response. The log is divided into seven columns. The first column is labeled Pain/Stress; there you record the emotional and physical pain that existed before your anger. It might be a headache or anxiety about your marriage or pressure to get a job done. Try to include here every stressful or painful experience that may be influencing your anger response. In the next column, Provocative Situation, note the upsetting event that preceded your anger. The third column is Trigger Thoughts, write down what you were thinking while getting angry. The fourth column is Anger Rating here write a number between 0 to 100 that reflects how angry you felt (0 would be no anger 100 is the highest level of rage you can imagine experiencing). The fifth column is Behavior, here record what you actually did in response to your anger (did you curse, yell, hit, throw?). The last two columns are entitles outcome. Here note the effect of your anger on yourself and others. Rate the impact from -10 to +10 in terms of how you felt and what happened to you subsequent to your anger. Write a brief description of the emotional and objective consequences of your anger. Next go through the same process in term of how your anger may have impacted others and rate in on the same -10 to +10 scale.
Anger Management & Violence Prevention: Course Facilitation Guide

Costs of Anger

Overview:

To assess the costs of your anger

Ground Rules:

This class is for you! You will get out of it what you put into it. You have the right to “pass” on any activity/group discussion that you do not feel comfortable participating in.

1) **Respect**: No verbal or physical abuse, no sexist, ageist, racist language or behavior is acceptable.

2) **Space**: People should have time and space to say what they need to, that means no interrupting, shouting, and remain conscious of how long you have been speaking to ensure that everyone in the group gets the opportunity to speak.

3) **Care**: Personal and sensitive topics may surface in this class; be sensitive to the needs of other members of the group. Listen quietly, be encouraging and positive, and try to frame critical remarks constructively.

4) **Confidentiality**: This space should be a “safe space.” Everything said in this class will stay in this class.

Are there any “Ground Rules” mentioned above that the class would like to add?
Handout Packet: Costs of Anger

- Anger Overview
- Costs of Anger
- Understanding the links that make-up the Chain of Anger
- Chain of Anger Events: Normal vs. Problem Anger
- The Stress Response
- Personal Costs of Anger Worksheet and short discussion of results
- The Body Scan
Anger Overview: There is nothing wrong with occasional, moderate anger. It creates no lasting harm. But chronic, sustained anger can be a serious problem. By keeling the body in a constant state of emergency, chronic anger can contribute to hypertension, heart disease, digestive disorders, rashes, headaches, and susceptibility to infections and increased mortality from all causes. Anger can take a toll on relationships, can cause defenses to be raised, loss of your sense of well-being, and ultimately may lead to isolation.

Costs of Anger:

- **Your Health:** Chronic anger can increase risk for health problems. How often anger is experienced and how it is expressed during periods of emotional distress are significant factors determining the impact on one’s health. Constant chronic anger, hostility, and aggression raise your risk of developing various deadly forms of heart disease by as much as five times the normal rate.

- **Your Self-Esteem:** Although expression of anger may feel good at the moment, it often leads to feelings of guilt, shame, embarrassment and remorse. One might realize that his or her response was overblown, misdirected and/or unwarranted, the result, in most cases, is damage to one’s self-esteem.

- **Your Relationships:** Very few things can damage a relationship as much as the inability to manage one’s anger. Frequent and/or intense outbursts, whether verbal or physical can destroy marriages, break apart families and ruin friendships.

- **Children:** The effect on children of witnessing chronic and/or intense anger in the household can be devastating, often more so than the impact of parental divorce.

- **The Workplace:** What gets accomplished in the workplace can be severely compromised by poorly managed anger, frustration, and resentment.
Assessing the Cost of Anger for You:
Using the worksheet on the next page, make an honest assessment of all the ways in which anger has had a negative impact on your life.
Anger Management & Violence Prevention: Course Facilitation Guide

Anger as A Choice, Taking Responsibility

**Ground Rules:**

*This class is for you! You will get out of it what you put into it. You have the right to “pass” on any activity/group discussion that you do not feel comfortable participating in.*

1) **Respect**: No verbal or physical abuse, no sexist, ageist, racist language or behavior is acceptable.

2) **Space**: People should have time and space to say what they need to, that means no interrupting, shouting, and remain conscious of how long you have been speaking to ensure that everyone in the group gets the opportunity to speak.

3) **Care**: Personal and sensitive topics may surface in this class; be sensitive to the needs of other members of the group. Listen quietly, be encouraging and positive, and try to frame critical remarks constructively.

4) **Confidentiality**: This space should be a “safe space.” Everything said in this class will stay in this class.

*Are there any “Ground Rules” mentioned above that the class would like to add?*

**Handout Packet: Anger as a Choice**

- Anger Overview
- Steps of Anger
- Factors influencing Choice
- Personal Responsibility
- Assumptions and Interpretations
• Trigger Thoughts

• Exercise: Dissecting your Trigger Thoughts

• Six Steps to Responsibility

• Alternative Stress-Reduction Strategies: Exercise and Stress, Nutrition and Stress”

• **Discussion Item (if time):** What is your positive outlet for stress and how do you/could you constructively outlet feelings? Ex. Painting/drawing, writing, spending alone time, working, etc.
WEEK 3: Anger Management and Violence Prevention
Anger as a Choice Handout

**Anger Overview:** The function of anger is to stop stress (painful affect, painful sensation, frustrated derive, and threat). There are many ways to discharge the high levels of stress other than anger; some can be healthier and less destructive. There are three factors influencing the choice of any stress reduction strategy; physiological predisposition, instrumental conditioning, and social learning.

**Steps of Anger:**
- Awareness of stress leads to a coping decision: *Trigger Thought*
- Focus on either blaming or “should haves”: *Divert responsibility, blame someone/something for your anger*

**Factors influencing Choice of Anger:**
- *Physiological Predisposition:* Born with a set of constitutional tendencies that make some responses easier/more rewarding than others
- *Instrumental Conditioning:* As a child certain behaviors were reinforced while others were discouraged
- *Social Learning:* Skills and behaviors that you acquired through modeling (parents, siblings, peers)

**Personal Responsibility:**
1) You are responsible for the outcome of all interactions
2) If one strategy doesn’t work to meet your needs or solve a problem, there is absolutely no point in blaming
3) The appropriate question is not “who’s responsible for my pain?” but “What can I do about it”
4) You cant expect other people to change or to be different
5) All relationships come down to two basic choices, adapt or let go
6) You are never a victim
**Trigger Thoughts:**

- Perception that you've been harmed and victimized
- Belief that the provoking person harmed you deliberately
- The belief that the provoking person was wrong and should have behaved differently

“Trigger” events can be things like a traffic jam, or the garbage truck beeping in the early morning, or the words people say, sounds people make (sighing, groaning), arm or hand gesture, voice tone, and facial expressions. These situations may be “drops in the bucket” on some days, and on other days may ignite anger. Triggers are those situations that “push” our buttons.

Trigger Thoughts are how we PERCEIVE, INTERPRET, or GIVE MEANING to situations. We evaluate the situation with ourselves in mind and assign cause or blame, we feel that something is unfair and that others are purposely making life miserable for us.

**Examples:**

“ It’s a stupid way to operate a car, I have told you a hundred times- you don’t keep riding the brakes because it wears them out.”

*Harm:* Cost of a brake job; not being listened to  
*Done Deliberately:* Implication that if the provoking person thought a little more or made a reasonable effort he or she could remember to use the brakes properly  
*Wrong:* Implies that riding the brakes is a poor driving technique and not heeding appropriate warning is either lazy or careless.

“How could he tell them about losing my job before I did? Its like he’s trying to humiliate me”

*Harm:* Humiliated  
*Done Deliberately:* The provoking person chose to reveal confidential information  
*Wrong:* Implies that it’s wrong to embarrass someone.
Exercise: Dissecting your Trigger Thoughts

Take two trigger thoughts for you and identify key elements

Trigger Thought 1:

Harm (fear, harm, or pain the situation incited):

Done Deliberately (interpretation of other person’s actions; blame):

Wrong (Implication/message):

Trigger Thought 2:

Harm:

Done Deliberately:

Wrong:
Six Steps to Responsibility:

1) Develop more effective strategies for reinforcing others
2) Take care of the need yourself
3) Develop new sources of support, nourishment, and appreciation
4) Set Limits
5) Negotiate Assertively
6) Let Go!!

Alternative Stress-Reduction Strategies: There are many ways to discharge high levels of stress besides anger

Crying
Exercising
Intense work Activity
Humor
Writing
Relaxation Exercises
Verbalizing Pain
Recreation
Sex
Problem-Solving Communication
Music
WEEK 4: Anger Management & Violence Prevention: 
Course Facilitation Guide

Creating Coping Thoughts

Ground Rules:

This class is for you! You will get out of it what you put into it. You have the right to “pass” on any activity/group discussion that you do not feel comfortable participating in.

1) Respect: No verbal or physical abuse, no sexist, ageist, racist language or behavior is acceptable.

2) Space: People should have time and space to say what they need to, that means no interrupting, shouting, and remain conscious of how long you have been speaking to ensure that everyone in the group gets the opportunity to speak.

3) Care: Personal and sensitive topics may surface in this class; be sensitive to the needs of other members of the group. Listen quietly, be encouraging and positive, and try to frame critical remarks constructively.

4) Confidentiality: This space should be a “safe space.” Everything said in this class will stay in this class.

Are there any “Ground Rules” mentioned above that the class would like to add?

Handout Packet: Creating Coping Thoughts

- Anger Overview
- Coping Thoughts
- Exercise: Creating a Coping Plan
- When you are Just Too Angry
- Trigger Thoughts and Coping Response
• Creating Coping Thoughts- Worksheet
WEEK 4: Anger Management and Violence Prevention
Coping Thoughts Handout

**Anger Overview:** The function of anger is to stop stress (painful affect, painful sensation, frustrated derive, and threat). There are many ways to discharge the high levels of stress other than anger; some can be healthier and less destructive. There are three factors influencing the choice of any stress reduction strategy; physiological predisposition, instrumental conditioning, and social learning. Last week we learned about “trigger thoughts.” (Triggers are those situations that “push” our buttons. Trigger Thoughts are how we PERCIEVE, INTERPRET, or GIVE MEANING to situations. We evaluate the situation with ourselves in mind and assign cause or blame, we feel that something is unfair and that others are purposely making life miserable for us). This week we will learn how to create Coping thoughts to help control anger.

**Coping Thoughts:**

- Take a deep breath and Relax
- Getting upset wont help
- Just as long as I keep my cool Im in control
- Easy does it- there is nothing to be gained in getting mad
- Im not going to let him/her get to me
- I cant change him/her with anger; Ill just upset myself
- I can find a way to say what I want to without anger
- Stay clam- no sarcasm, no attacks
- I can stay calm and relaxed
- Relax and let go. There’s no need to get my knickers in a twist
- No one is right, no one is wrong. We just have different needs
- Stay cool, make no judgments
- No matter what is said, I know Im a good person
- Ill stay rational- anger wont solve anything
- Let them look all foolish and upset. I can stay cool and calm. His/her opinion isn’t important I wont be pushed into losing my cool
- Bottom line, Im in control. Im out of here rather than say or do something dumb.
- Take a time-out. Cool off, then come back and deal with it
- Some situations don't have good solutions. Looks like this is one of them. No use getting all bent out of shape about it
- Break it down. Anger often comes from lumping things together.
- Anger means it's time to relax and cope
- I got angry, but kept the lid on saying dumb things, that is progress
- It's just a Hassle, nothing more, nothing less. I can cope with hassles.
- I can manage this, I'm in Control
- I can't expect people to act the way I want them to
- I don't have to take this so seriously

Exercise: Creating a Coping Plan:

Plan a coping response for one anger-provoking situation that's likely to occur in the next week. Start by identifying the situation, including enough details so you're clear about the exact set of circumstances that you're planning for. Then identify one or more cues to remind you of your coping thoughts and plan. Under, “when to cope” write down the behavioral red flags that tell you it's time to deal with your anger. This could be criticizing or pointing your finger or laughing sarcastically, the red flag should be specific. Under “How to Cope” write the specific coping thoughts you plan to use and any actions you want to take to keep your anger from escalating.

1) Situation:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

2) Cues to Cope:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

3) When to Cope:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________

4) How to Cope:
_____________________________________________________________________________________
_____________________________________________________________________________________
_____________________________________________________________________________________
**When you are Just Too Angry:**

At times coping thoughts can be difficult in situations of prolonged anger. Try to identify and dissect your trigger thoughts to stimulate coping thoughts.

**Trigger Thoughts and Coping Response:**

- **Magnifying/Catastrophizing:** Thoughts such as “This is the end of my life!!” or “I will never get another job again!”  **Coping Response:** Be realistically negative (it’s disappointing or frustrating not terrible or awful), Ask, “How bad is it really?” then answer honestly. Use very accurate language. Look at the whole picture. Try to find evidence that the opposite is also true.

- **Overgeneralization:** Thoughts such as “You always do this!”  **Coping Response:** Avoid terms like “always,” “all,” and “every”. Use specific and accurate descriptions. Look for exceptions to the rule. Recall how people sometimes act contrary to their tendencies.

- **Demanding/Commanding:** Thoughts that try to correct or change the behavior of another.  **Coping Response:** People rarely do what they should do, only what they need or want to do. Stay with your wants, desires, and preferences- not “should have” thoughts. Think “I prefer” not “You ought to.”

- **Misattribution/Single Explanation:** Thoughts of assumption of motives of behavior.  **Coping Response:** Check out your assumptions about other people’s motives. Find alternative explanations for the problem behavior.

- **Blaming:** Thoughts that the provoking person is at fault/wrong and is trying to hurt you.  **Coping Response:** Make a coping plan to solve the problem yourself. Recognize that people are mostly doing the best they can- what they think will best meet their needs.
Anger Management & Violence Prevention:
Course Facilitation Guide

Relaxation Skills

Ground Rules:

This class is for you! You will get out of it what you put into it. You have the right to “pass” on any activity/group discussion that you do not feel comfortable participating in.

1) **Respect:** No verbal or physical abuse, no sexist, ageist, racist language or behavior is acceptable.

2) **Space:** People should have time and space to say what they need to, that means no interrupting, shouting, and remain conscious of how long you have been speaking to ensure that everyone in the group gets the opportunity to speak.

3) **Care:** Personal and sensitive topics may surface in this class; be sensitive to the needs of other members of the group. Listen quietly, be encouraging and positive, and try to frame critical remarks constructively.

4) **Confidentiality:** This space should be a “safe space.” Everything said in this class will stay in this class.

Are there any “Ground Rules” mentioned above that the class would like to add?

Handout Packet: Relaxation Skills

- Anger Overview

- Relaxation Training: Read out loud the script below while the class follows your directions

- Personal Relaxation Scene, Worksheet
**Discussion:** How did this exercise make you feel? Did you have a hard time imagining a positive outcome? Were you surprised by how easy or hard it was to imagine this scenario?

Relaxation Log, encourage to do relaxation exercise at home and Log the experience

**Read Out Loud to the Group the Following Script in a Calm, Slow, Soft Voice**

- Get in a comfortable seated position, close your eyes and give your body a chance to relax. Allow yourself to experience a comfortable feeling of heaviness. Now, start at the bottom and, stretching your legs out, point your toes away from your body, noting the tension in your ankles. Now point your toes to head, creating tension in your calves. Let your feet fall to the floor, take a deep breath, and relax.

- Now tighten your buttocks (remember tight bottom) and then your thighs by pressing down on your heels as hard as you can. Hold the tension (five seconds), then let go, take a deep breath, and relax.

- Take a deep breath, filling up your lungs completely, and flex your chest muscles. Now tighten your stomach muscles, creating, in effect, a coat of armor. Hold, then exhale and relax.

- Now arch your back, as though it were a bow (remember bow and arrow). Avoid straining and keep the rest of your body as relaxed as possible. Notice the tension beginning down at your tailbone and moving all the way up your spine to your neck. Hold as long as possible, then slump forward, take a deep breath, and relax.

- Bend your elbows and tense your forearms and biceps. Clench your fists at the same time. Tense these muscles until they feel taut. Then, straighten out your arms, shake out your hands, take a deep breath, and relax.

- Now hunch your shoulders and pull your head in like a turtle. Press you chin against your chest, tightening your throat. Experience this uncomfortable sensation, then drop your shoulders and allow your head to fall forward. Now, slowly and carefully, roll your head to the side and back of your neck. Reverse direction and roll your head the other way. Take a deep breath, and allow your neck and shoulders to relax.
- Continue to move your attention upwards toward your head and face. First, make a frown by wrinkling up your forehead as tightly as you can. Next, scrunch up your eyes, flare your nostrils, and clench your jaw. Finally, compress your lips into a tight O. Pill your lips tight. Hold it, tighter and tighter. Then relax and let go. Now, take a deep breath, relax your lips and blow out forcefully slowly.

- Now go back mentally over the entire procedure, and feel the relaxation in your feet, ankles, calves, back and chest. As you let go, more and more, the relaxation deepens in your neck, shoulders, arms and hands. Go deeper and deeper into being relaxed. Finally, feel the relaxation extend to your head and face, your jaw hanging loose and your lips slightly parted.

- Now, imagine a situation that would anger you and imagine the trigger thoughts that it would produce. (pause). Then imagine, as your body just experienced, all that tension leaving your body. Imagine being in control and confident. (pause). Imagine managing the situation constructively. Imagine the situation reaching a positive outcome. (pause). Now focus on this positive outcome, imagine being content and relaxed and realizing that you changed the situation for the better. (pause). Now open your eyes.
**Anger Overview:** Learning to relax is an essential element in achieving anger management. Anger is a two-step process. First, physical tension or stress has to exist in the body, then is requires anger-triggering thoughts to complete the picture. Half the anger battle can be won by simply learning to relax the physical tension that develops in provocative situations.

**Relaxation Training:**

- Get in a comfortable seated position, close your eyes and give your body a chance to relax. Allow yourself to experience a comfortable feeling of heaviness. Now, start at the bottom and, stretching your legs out, point your toes away from your body, noting the tension in your ankles. Now point your *toes to head*, creating tension in your calves. Let your feet fall to the floor, take a deep breath, and relax.

- Now tighten your buttocks (remember *tight bottom*) and then your thighs by pressing down on your heels as hard as you can. Hold the tension (five seconds), then let go, take a deep breath, and relax.

- Take a deep breath, filling up your lungs completely, and flex your chest muscles. Now tighten your stomach muscles, creating, in effect, a *coat of armor*. Hold, then exhale and relax.

- Now arch your back, as though it were a bow (remember *bow and arrow*). Avoid straining and keep the rest of your body as relaxed as possible. Notice the tension beginning down at your tailbone and moving all the way up your spine to your neck. Hold as long as possible, then slump forward, take a deep breath, and relax.

- Bend your elbows and tense your forearms and biceps. Clench your fists at the same time. Tense these muscles until they feel taut. Then, straighten out your arms, shake out your hands, take a deep breath, and relax.

- Now hunch your shoulders and pull your head in like a turtle. Press you chin against your chest, tightening your throat. Experience this uncomfortable sensation, then drop your shoulders and allow your head to fall forward. Now, slowly and carefully, roll your head to the side and back of your neck. Reverse direction and roll your head the other way. Take a deep breath, and allow your neck and shoulders to relax.
- Continue to move your attention upwards toward your head and face. First, make a frown by wrinkling up your forehead as tightly as you can. Next, scrunch up your eyes, flare your nostrils, and clench your jaw. Finally, compress your lips into a tight O. Pill your lips tight. Hold it, tighter and tighter. Then relax and let go. Now, take a deep breath, relax your lips and blow out forcefully slowly.

- Now go back mentally over the entire procedure, and feel the relaxation in your feet, ankles, calves, back and chest. As you let go, more and more, the relaxation deepens in your neck, shoulders, arms and hands. Go deeper and deeper into being relaxed. Finally, feel the relaxation extend to your head and face, your jaw hanging loose and your lips slightly parted.

- Now, imagine a situation that would anger you and imagine the trigger thoughts that it would produce. (pause). Then imagine, as your body just experienced, all that tension leaving your body. Imagine being in control and confident. (pause). Imagine managing the situation constructively. Imagine the situation reaching a positive outcome. (pause). Now focus on this positive outcome, imagine being content and relaxed and realizing that you changed the situation for the better. (pause). Now open your eyes.