CALM

Controlling Anger and Learning to Manage It

Master Package
<table>
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<tr>
<th>Problem Record</th>
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<tr>
<td><strong>Name:</strong></td>
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<td><strong>1. What negative emotion did you feel?</strong></td>
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<td>___ Anger</td>
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<td>___ Depression</td>
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<td>___ Jealousy</td>
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<td>___ Anxiety/Fear</td>
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<td>___ Superman Feelings</td>
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<td><strong>2. How strong was the feeling?</strong></td>
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<td>Mild</td>
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<td>Medium</td>
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<td>___ Other: ____________________________</td>
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<tr>
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<td><strong>5. How did you act when upset?</strong></td>
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<td><strong>6. Did you regain self-control?</strong></td>
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<td>___ Pretty well</td>
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<td><strong>7. How did you regain self-control?</strong></td>
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<td>___ Time Out</td>
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<td>___ Coping self-talk</td>
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<td>___ Rethinking autopilot (anger-creating) thoughts</td>
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<tr>
<td>___ Disputing autopilot (anger-creating) thoughts</td>
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**Problem Record**

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1. What negative emotion did you feel?  
- ___ Anger  
- ___ Depression  
- ___ Jealousy  
- ___ Anxiety/Fear  
- ___ Superman Feelings

2. How strong was the feeling?  

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3. What happened **before** you felt upset?  

**Somebody else...**  
- ___ Made threats or bossed me.  
- ___ Hit me.  
- ___ Insulted/laughed at me.  
- ___ Stole/cheated/lied to me.  
- ___ Other: ________________________

**I did something wrong...**  
- ___ To me.  
- ___ To somebody else.

4. What did you tell yourself about the upset?  
- ___ If you don’t do the right thing, it’s a catastrophe.  
- ___ People must treat me fairly and like me, or they’re awful!  
- ___ Life must go as I want, or I can’t stand it.  
- ___ People who bother or upset me are terrible.

5. How did you act when upset?  
- ___ Hit somebody.  
- ___ Hit something.  
- ___ Made threats.  
- ___ Yelled.  
- ___ Cried.  
- ___ Sat and stewed.  
- ___ Walked away.  
- ___ Controlled myself.  
- ___ Got high.  
- ___ Other: ________________________

6. Did you regain self-control?  
- ___ Very well.  
- ___ Pretty well.  
- ___ Not well.  
- ___ Not at all.

7. How did you regain self-control?  
- ___ Relaxation.  
- ___ Thought Stopping.  
- ___ Time Out.  
- ___ Coping self-talk.  
- ___ Rethinking autopilot (anger-creating) thoughts.  
- ___ Disputing autopilot (anger-creating) thoughts.  
- ___ Assertive communication (Broken Record, Fogging, Negative Assertion, Negative Inquiry).
Session 2
Bull's Eye Exercise

Statements:
A. My anger makes me feel good.
B. My anger helps me get things done.
C. My anger doesn’t hurt other people.
D. My anger doesn’t cause me problems later on.
Session 2
Terry’s Story

Terry has only a few days left before being released when Terry finds out that a former inmate, Pat, has been cutting Terry up to friends back home. Terry can’t think about anything else. Terry spends every day and night planning what to do to Pat when he gets out. Terry thinks over and over that Pat is subhuman for doing this. Pat has to pay. Terry calls Pat’s home and threatens him.

Terry gets out a few days later, and goes straight to Pat’s apartment. Pat’s wife answers the door. Terry forcibly enters the apartment and starts screaming at Pat and kicking over furniture. Pat’s kids are there and look pretty scared. When Terry begins smashing things, Pat tries to stop Terry. They fight, and Terry beats Pat pretty badly. There’s a lot of blood, and Pat is almost out cold.

Terry finally leaves when the building superintendent comes to the door and says he’s calling the police.

Later Terry tells a friend about the incident. Terry says, “I felt great. I taught Pat a lesson. Nobody else got hurt. It won’t cause me any more problems.”
Session 2
Terry’s Story, Red Team Instructions

Red Team Captain:

You can use your copy of the story to remind the team about the details. Now, read the following paragraph to your team:

“We need to show that Terry is wrong when Terry says “I feel great” and “nobody else got hurt.” We’ll spend about five minutes on each statement. I’ll read the questions. You come up with answers to show how Terry is wrong. I’ll write your answers down.”

First Statement—”I feel great”
Questions to ask:

• Before Terry’s release, all Terry could think about was what Pat was doing and that Terry couldn’t do anything about it. How do you think Terry felt?
• Did Terry feel anything besides anger?
• When Terry was angry and brooding about it, do you think Terry had any fun?
• Would Terry probably go out and join in a ball game or a card game? Would Terry make any kind of positive plans for release?
• What about later on? Will Terry still feel the same way after having had a chance to think about what happened at Pat’s apartment? How else could Terry feel?

Second Statement—”Nobody else got hurt”
Questions to ask:

• Who got hurt in this situation? Anybody besides Pat?
• What kind of impact do you think Terry’s behavior had on Pat’s wife and kids?
• Was it fair for Terry to upset so many people?
• Do you think Terry even thought about how what happened might upset the children?
• What could the cost be for Terry? Did Terry get hurt? What if Terry gets arrested?
Session 2
Terry’s Story, Black Team Instructions

Black Team Captain:

You can use your copy of the story to remind the team about the details. Now, read the following paragraph to your team:

“We need arguments to convince Terry that it is wrong to say “I taught that person a lesson” and “It won’t cause me any more problems.” We’ll spend about five minutes on each statement. I’ll read the questions, and you come up with answers to show that Terry is wrong. I’ll write your answers down.”

First Statement—“I taught that person a lesson”
Questions to ask:
• What actions did Terry take because he felt angry?
• Did his actions help to change Pat’s opinion of him?
• Would Pat want to take back the things he said?
• What was the original problem situation?
• What has changed about the problem situation?

Second Statement—“It won’t cause me more any more problems”
Questions to ask:
• Is Pat likely to forget about Terry’s actions? Would you forget about it? What would you do?
• What did Terry risk by blowing up this way right after being released? Was it worth the risk?
• Did Terry’s anger keep him from doing some smart planning before being released?
• Did Terry get anything positive out feeling angry? Did Terry learn anything new? Did Terry start off well after being released?
# Session 2

## Counterarguments Worksheet

<table>
<thead>
<tr>
<th>Belief Statements</th>
<th>Counterarguments</th>
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<tbody>
<tr>
<td>Check off each statement that describes your belief about the problem when it happened.</td>
<td>Write a short counterargument for each statement you checked off.</td>
</tr>
<tr>
<td>☐ 1. My anger made me feel good.</td>
<td>1.</td>
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<tr>
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<td>2.</td>
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Session 7
The ABC Model

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<tr>
<th>A</th>
<th>B</th>
<th>C</th>
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<tbody>
<tr>
<td>Event</td>
<td>?</td>
<td>Reaction</td>
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</table>

Something that happened to you

Feelings and behaviors
Session 7
Interpreting the World Diary

1. Situation or Event

2. Interpretation
   (Hostile)

3. Bad Feeling or Action

4. Interpretation #2
   (Neutral or Positive)

5. O.K. Feeling or Action
Session 8
Blinding Pretraining Role-plays

Pretraining Role-Play (Incorrect)
Main actor=Group Leader, Coactor=Volunteer, Coactor 2=Volunteer

Main actor: (says out loud to himself) Dammit! What is that loser doing talking to her? What the hell does he think he’s doing? What the hell is she doing?! If those two think I’m just going to stand around and let them go off together, they’re out of their minds. I’ll show them who’s the man.

(goes up to coactor and says) What’s your problem? Who the hell are you?

(to coactor 2) Go sit with Debbie right now!

Coactor: Hey man, what’s your problem? We were just talking! Your girlfriend is an old friend of my sister’s.

Main actor: Yeah! So what? You jerk! I don’t give a crap who you are. Do you think I’m stupid? I saw the paper you passed her. You’re a goddamn liar.

Pretraining Role-Play (Correct)
Main actor: (thinks out loud to himself) Dammit! What is that loser doing talking to her? What the hell does he think he’s doing? What the hell is she doing?! If those two think I’m just going to stand around and let them go off together, they’re out of their minds.

(still thinking/talking to himself) Hey, wait a second. I’m starting to feel really mad. What the hell is going on here? Before I get all worked up, I should check what’s going on with Sherry.

(to coactor) What’s going on here?

Coactor: Hey man, what’s your problem? We were just talking. Your girlfriend is an old friend of my sister’s.

Main actor: (to himself) Yeah, I bet he’s a brother. Whose brother? What old friend is he talking about? I’ll find out!

(to coactor 2) So, who’s this friend?

(to the guy) How long have you known Sherry?

(to coactor 2) Anyway, what did you take that piece of paper for?

Coactor 2: I was friends with Ed’s sister. She moved, and I don’t have her telephone number. That’s what the piece of paper was.

Coactor: I’ve known Sherry since the eighth grade when she was my kid sister’s best friend.

Main actor: (to himself) Oh man! This situation isn’t what I thought it was. It’s a good thing I didn’t let myself get really pissed off. Good thing I checked this out. At least I didn’t go into this whole situation “blind.”
Session 8
Blinding

Solution Steps ("What to do")

1. Figure out what you told yourself about the offensive act or event.

2. Decide if that’s the only possible view.

3. See if you ignored any evidence.

4. Decide if the evidence must lead to your conclusion.

5. Don’t be ‘blinded’. Use real evidence to reach a conclusion.
Session 8
Blinding Modeling Role-Play

Main actor: (thinks out loud to himself) I can’t believe that loser Joe. He yelled at me to get off the bloody phone after I’d only been on for one damn minute. But I suppose that’s just because he’s in a hurry. It doesn’t mean he’s trying to start something. Maybe there’s more going on here than I know. I’m going to go talk to him and see what the problem is.

(says to coactor) Hey Joe, what’s up with yelling at me to get off the phone? You got a problem?

Coactor: Sorry about that Bill, it’s just that my wife’s having a kid today, and I’m really wondering what’s going on.

Main actor: (thinks out loud to himself) I guess I was telling myself that he was trying to get on my case, but it doesn’t really look like this has anything to with me at all.

(says to Joe) That’s all right man, I don’t blame you for wanting to keep the phone free. Congratulations man, let me know what you’ve got.

Coactor: Thanks a lot. If I have time, I’ll let you know. I’ve got to call the hospital again.
Session 8
Overstretching Pretraining Role-Plays

Pretraining Role-Play (Incorrect)
Main actor = Group Leader, Coactor = Volunteer

Main actor: (thinks out loud to himself) There’s that new guard, Chuck, who’s always trying to buddy up to me. I wonder what the hell he wants now.

Coactor: Hey Joe, how’s it going? I’ve heard there have been some problems on your range. Is everything okay with you?

Main actor: (Thinks to himself) This guy’s trying to suck up to me to try to worm some information about the guys on the range. He wants to be the “big man” and impress the super by busting somebody’s ass. He’s just like that other screw who played nice and then screwed us around when he found some brew.

(says to coactor) Look man, you know, I’d be a lot better off if you’d just get out of my face.

Coactor: Joe, what’s up with you? I’m just asking if things are going okay. I know things are tough here, but I don’t see why we have to be enemies.

Main actor: And I don’t see why we have to be friends. So, uh, you can just, uh, take your concern and can it.

Pretraining Role-Play (Correct)
Main actor: (thinks out loud to himself) There’s that new guard, Chuck, who’s always trying to buddy up to me. I wonder what the hell he wants now.

Coactor: Hey Joe, how’s it going? I’ve heard there has been some problems on your range. Is everything okay with you?

Main actor: (thinks out loud to himself) Why am I so damn jumpy about this new guy being nice? I guess it’s because I’m thinking that all screws are trying to jerk us around any way they can.

(says to coactor) Uh well, you know, things are okay. Why?

Coactor: I’m just asking because I know things are tough here, but I don’t see why we have to be enemies.

Main actor: (thinks to himself) Hmm, maybe I shouldn’t just jump to the idea that all guards are always jerks. After all, that old guard who just retired used to be okay. He’d bring us coffee and sit down and watch a ball game with us. He really treated the guys like human beings. This new guy, Chuck, hasn’t done anything to anyone as far as I know. Maybe I should give him a chance.

(says to coactor) Yeah, things have been okay lately. I gotta go—see you later man.

Coactor: No problem, I’ll see you later Joe.
Session 8
Overstretching

Solution Steps ("What to do")

1. Ask yourself "What rule am I following here?"

2. Decide if the rule always fits every situation.

3. If the rule doesn't fit, don't believe it. Treat the person or situation as 'fresh'.
Session 8
Overstretching Modeling Role-Play

Main actor: (thinks out loud to himself) I hate meeting new lawyers. They don’t really give a damn about what I have to say anyway. Here he comes. Let’s see what he has to say.

Coactor: Hi there, Paul. I’m Mark Thomas, and I’ve been assigned to work on your appeal. I’ve read everything over, but I want to hear what you have to say about all of this and how you think we should work on the appeal.

Main actor: (thinks out loud to himself) Shit, this guy seems like he might be okay. I guess I was telling myself that all lawyers were shit because of that last jerk lawyer I had. I was stretching an idea that fit the first lawyer and using it to fit the new one without thinking about it. I know Overstretching can be stupid. Just because my last lawyer was a cheat doesn’t mean that all lawyers are out to screw me around. I guess I should give this guy a chance and see what he can do for me.

(Says to coactor) Uh, okay. That sounds like a good plan. You know, my last lawyer didn’t even ask what I thought about where he was taking my defense. He just told me how it was going to be. Most of what he said was a load of crap.

Coactor: Well, my way of doing things is different.

Main actor: That sounds okay. Let’s get to work.
Session 8
Black-or-White Thinking Pretraining Role-Plays

Pretraining Role-Play (Incorrect)
Main actor = Group Leader, Coactor = Volunteer.

Main actor: Hey Bob, when can I pick up the used transmission from your garage?
Coactor: Oh damn, sorry Jerry. I forgot to talk to the guy who was selling it, and he gave it to someone else.

Main actor: (angrily to coactor) Son of a bitch! You always forget everything I ever ask you! You useless jerk! You have a garbage can in your head, not a memory. It's pitiful....
Coactor: But Jerry, listen...
Main actor: Cut the crap, you have zero memory, so forget it. It's bullshit.

Pretraining Role-play (Correct)
Main actor: Hey Bob, when can I pick up the used transmission from your garage?
Coactor: Oh damn, sorry Jerry. I forgot to talk to the guy who was selling it, and he gave it to someone else.

Main actor: Son of a bitch! You are always forgetting... (then Jerry remembers that what he thinks causes his emotions, so he rethinks the situation.)

(thinks outloud to himself) Hang on. Even though Bob forgets some stuff, he did remember to check on the car parts in the first place. He's not a total loser with a useless brain just because he forgets some stuff. He's put up with a lot of crap from me over the years... so he can't be all bad.

I was just "Black-Or-White Thinking" again. That's stupid. He's not an angel or a total ass.

(says to coactor) Hey, maybe we can call your buddy tonight and see if he can get another transmission.

Coactor: Okay, if I can find his bloody phone number!

Main actor: (to himself) This thinking stuff ain't always easy!
Session 8

Black-or-White Thinking

Solution Steps ("What to do")

1. Ask yourself "If something or someone is not at one extreme, do they have to be at the other?"

2. Decide if you're seeing reality or just extreme categories.

3. Assume that things don't have to be all-or-none. Act that way.
Session 8  
Black-or-White Thinking Modeling Role-Play

Main actor:  Hey John, what happened with your boss at work today?

Coactor:  Nothing. I just told him that I didn’t know anything. Just because twenty bucks is gone from a cash register doesn’t mean I know who took it. He dropped the whole thing, so I laughed all the way home.

Main actor: (thinks out loud to himself) Christ! He’s pretty good at lying—he could be laughing about lying to me all the time too! Hey, hang on. What am I getting mad about? Thinking causes anger, right? I’m Black-or-White Thinking. Just because he lied to somebody doesn’t mean he’s always lying. Even if he does lie sometimes, he’s not a worthless piece of shit for it. Lying isn’t a good thing, but John isn’t a total loser because of it.

(to coactor) Hey you weren’t lying to me about wanting to help me fix up that old Mustang, were you?

Coactor: No. I really want to. I’d tell you if I didn’t.
Session 8
Magnifying/Shrinking Pretraining Role-Plays

Pretraining Role-Play (Incorrect)
Main actor = Group Leader, Coactor = Volunteer.

Main actor: (on the phone to girlfriend) Say Jackie, I was wondering if you're going to be able to make it up to see me next weekend? It's been too damn long since I saw you.

Coactor: Gee Dan, I'm not sure. I might have to work next weekend. They changed the schedule at the last minute. I might not be able to make it.

Main actor: (thinks out loud to himself) I can't believe she won't make the effort to come see me. She knows how down I've been lately. I can't stand one more weekend on my own. It would be unbearable, and she damn well knows it.

(says to Jackie) Well that's just fine, Jackie. But if you don't make it up this weekend, then don't bother calling again or making any more plans that involve me because it'll be over between us.

Coactor: But Dan, it's not my fault if I have to work...

Main actor: Look, you can just tell your stupid excuses to someone else. If you really cared about me, you'd find a way to be here when I want you to be. I can't stand being alone all weekend. Piss on you.

Pretraining Role-Play (Correct)
Main actor: (on the phone to girlfriend) Say Jackie, I was wondering if you're going to be able to make it up to see me next weekend? It's been too damn long since I saw you.

Coactor: Gee Dan, I'm not sure. I might have to work next weekend. They changed the schedule at the last minute. I might not be able to make it.

Main actor: (thinks out loud to himself) I can't believe she won't make the effort to come see me. That's a piss-off because I really wanted to see her next weekend. But it's only one visit, and it's not as if she can help it. It's not like this visit was the only one in the world. It's not a catastrophe. I can still call her, and if she's at work, she can call me for free.

(says to Jackie) I'm sorry to hear that. I really wanted to see you. But there will always be more visits, and I'll call you.

Coactor: Thanks for being so understanding. I was afraid you'd be pissed-off. You know, it's not like I don't want to come up, it's just that they laid a few people off, so we're really shorthanded.

Main actor: Well it's not your fault, but ask your boss this week if you could have the next weekend off.

Coactor: He'll probably give it to me because I got shafted this week.
Session 8
Magnifying/Shrinking

Solution Steps ("What to do")

1. Ask yourself if you've exaggerated some detail of a situation.

2. Decide on "the worst thing that might happen" and how you can live with that outcome. Don't let a problem be a disaster.

3. Focus on solving the problem and not on reacting to how bad it is.
Session 8
Taking Personally Modeling Role-Play

Main actor:  (to coactor) Well, that's the best car on your lot.

(thinks out loud to himself) I gotta buy that car. It would impress the hell out of everybody I know.

(to coactor) How much do you want for it?

Coactor: It's a really solid car. It can be yours for $10,500.00.

Main actor: (thinks to himself) Ah shit! This bastard is trying to play games with me. That car is worth $9,000.00 tops... but hey, wait a minute. Why am I getting so mad? What am I thinking? Man, sometimes I really do think like I'm a stupid person. I'm thinking if I don't get this car, I'll look like a loser, and I won't have a life. That is such bullshit. It's only a car, not my whole life. It's a cool car, but there are other cars. I've lived so far without it. I won't die without it now.

Main actor: (to coactor) I'll give you $8,000.00.

Coactor: Sorry sir, it's not possible. My manager wouldn't let me do it for under $9,000.00.

Main actor: (thinks out loud to himself) He's playing it cool. So can I. I just have to remember that this is not life or death. It's just a car. It might be a great car, but it's still just a car. He came down a bit, maybe he'll move down some more.

(to coactor) How about $8,500.00?

Coactor: No, I don't think my manager will accept that offer. I've gotta have at least $9,000.00 for it.

Main actor: (to coactor) I can give you $8,600.00, but that's final.

Coactor: If you go to $9,000.00, you've got a deal.

Main actor: Look, I like the car, but I don't like it that much. I know I can find another car for my price. There's no disaster if I don't get this one. $8,600.00 is as high as I can go.

Coactor: Well, I hate to lose this sale, but I can't make that price. Why don't you call me in a couple of days. Maybe things will change by then.

Main actor: (thinks out loud to himself) Damn, too bad. That was a cool car, but it's not the end of the world. This wasn't a disaster. It could have been a lot worse if I didn't check my thinking, and if I had gotten really mad and hit the sales guy. I could have gotten into a lot of trouble just over a car. It's smart that I didn't. I better go do some relaxing.
Session 8  
Taking Personally Pretraining Role-plays

Pretraining Role-Play (Incorrect)  
Main actor = Group Leader, Coactor = Volunteer.

Main actor: (thinks to himself) John knows I’m studying for this big test tomorrow, and he’s playing his TV loud and laughing just to bug me.

(says to coactor) Hey man, turn your stinking TV down. You know I’m trying to study for my test tomorrow. Why are you doing this to me? Are you an idiot?

Coactor: Calm down, Jeff. I didn’t know the TV was that loud. How the hell was I supposed to know you were studying?

Main actor: I know you’re doing this on purpose and that you want me to fail because you’re jealous. You wouldn’t do this if Ed was studying. But you just wait, your turn will come. If it’s not turned down in one minute, I’m turning the goddamn thing down for you.

Pretraining Role-Play (Correct)  
Main actor: (thinks to himself) John knows I’m studying for this big test tomorrow, and he’s playing his TV loud and laughing just to bug me.

(says to coactor) Hey man, turn your stinking TV down.

(thinking out loud to self) Hey what am I getting so pissed off for? This will ruin my night. I guess I don’t need to take this personally. There’s no reason to think he’s doing it just to bug me.

(says to coactor) Hey John, I’m trying to study for a big test tomorrow. Do you not know that your TV is so loud I can’t think in here?

Coactor: I didn’t know I was bugging you, but I really want to watch this show. It’s so great. What do you expect, I can’t help my laughing!

Main actor: Well, I don’t expect you to miss your show, but could you turn it down some and try to be a bit quieter?

Coactor: All right, but tomorrow night I get to be as loud as I want.

Main actor: Yeah, thanks John.
Session 8
Taking Personally

Solution Steps ("What to do")

1. Ask yourself if the comments or events have something to do with you or not.

2. Ask the other person if the comments or events were aimed at you. Try to believe the answer.

3. If yes, focus on what you can do to improve things (do not focus on being blamed or on revenge).

4. Remind yourself that "Taking Personally" can take you away from useful goals.
Session 8
Taking Personally Modeling Role-Play

Main actor: (thinks outloud to himself) I've been in this restaurant ten minutes, and the whole time this jerk at the bar has been staring at me! This loser has something against me and wants to scare me. I can't let assholes get away with stuff like this.

(to himself) Hey whoa! Hold on, I don't know anything about this guy. He could be daydreaming, or he could be blind or stoned, or God knows what. I don't have to think he's trying to do anything to me. I'll check it out.

(to coactor) Hey, are you staring at me?

Coactor: No, I'm just thinking... I'm waiting for somebody, and I guess I spaced out.

Main actor: Okay, that's your business. Why don't you stare at a wall or something and not at me. I don't like it.

Coactor: Okay.
Session 9

Four Types of Anger-Creating Thoughts

1. Awfulizing

2. Mustation

3. Can't-stand-it-itis

4. People Damning
Session 9

Awfulizing

When this happens to me, it’s bloody awful!
Session 9

Awfulizing—Other Ways of Saying the Same Thing:

1. If I don’t get this Temporary Absence Pass, life will be horrible and bloody terrible.

2. It’ll be disgusting and unbearable if my girlfriend leaves me.

3. It’s a catastrophe that I took the blame for that robbery and everybody else walked away.

4. Not being able to drink beers when I want them is unbearable.

5. It’s absolutely horrible that my old man is going to die.

6. Life is unbearable if a guard gets away with treating me badly.
Session 9

Mutation

You absolutely must not behave that way towards me!!
Session 9

Mustation—Other Ways of Saying the Same Thing

1. I must always be bitter and angry if my past was shitty and I got a bad deal in life.

2. I must get special treatment from my family because of everything that I did for them.

3. If I don’t find the perfect solution to my money problems, I must be a fool.

4. She absolutely has to forgive me for what I did to her because I’m really sorry.

5. Everything has to go my way right after I get parole, or I’ll go nuts.

6. My friends must treat me fairly or else.
Session 9

Can't-stand-it-itis

I can't stand being treated this way!
Can't-stand-it-itis—Other Ways of Saying the Same Thing

1. I can't go on living if she doesn't come back to me.

2. I can't take being in tough situations where I'm in risk of getting hurt.

3. Nobody could stand the memories that I've had to live with every day.

4. It's unbearable and I can't take it that this loser got parole, and I didn't.

5. I can't take having such a pathetic car—it's the worst one in my neighborhood.

6. I can't tolerate being on parole after all that time I served.
Session 9

People Damning

Because you treat me badly,
you’re a terrible person and deserve to be damned!
Session 9

People Damning—Other Ways of Saying the Same Thing:

1. If this guard lies to me, he’s a rotten bastard and needs to be punished.

2. If my buddy acts stupidly and doesn’t keep an eye out for my girlfriend, he’s an asshole.

3. That mechanic knows how to fix my car better than he did — so he’s a pathetic worm who’s not worth five cents.

4. If you get in the way of my Temporary Absence Pass, you’re the worst loser in this place.

5. Legal aid pays my lawyer good money and if he blows my case, he’s scum.

6. My wife keeps the kids away from me on purpose, so she’s a bitch.
## Session 9
### Thoughts That Help to Create Anger

<table>
<thead>
<tr>
<th>1. Awfulizing</th>
<th>2. Mustation</th>
</tr>
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<th>3. Can’t-stand-it-itis</th>
<th>4. People Damning</th>
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<td>I can’t stand being treated this way!</td>
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# Session 9
Disputes for Anger-Creating Thoughts

<table>
<thead>
<tr>
<th>Awfulizing</th>
<th>Mustation</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awful means 101% bad—and that's nonsense; there's no such thing.</td>
<td>There are probably no musts in the universe (only things we prefer).</td>
</tr>
<tr>
<td><strong>Ask yourself:</strong></td>
<td><strong>Ask yourself:</strong></td>
</tr>
<tr>
<td>Where's the evidence that it's more than 100% bad?</td>
<td>1. Does it make sense that because I prefer something, it must be?</td>
</tr>
<tr>
<td></td>
<td>2. Is it consistent with reality to say something <strong>must</strong> be, when it's not?</td>
</tr>
</tbody>
</table>

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<tr>
<th>Can't-stand-it-itis</th>
<th>People Damning</th>
</tr>
</thead>
<tbody>
<tr>
<td>I can always stand the things I say I can't—usually I can even find some happiness.</td>
<td>All humans are too complex to be given one &quot;label.&quot; Your acts may be damnable, but you, as a human, are not.</td>
</tr>
<tr>
<td><strong>Ask yourself:</strong></td>
<td><strong>Ask yourself:</strong></td>
</tr>
<tr>
<td>1. How or why can't I stand it?</td>
<td>1. To be labeled bad, a person must be purely bad.</td>
</tr>
<tr>
<td>2. Where's the evidence?</td>
<td>Can you really say a person has always, from birth to death, every second of every day, been bad?</td>
</tr>
<tr>
<td></td>
<td>2. Does hating people get me anywhere in life?</td>
</tr>
<tr>
<td></td>
<td>3. Does hating a behavior mean I must hate the person?</td>
</tr>
</tbody>
</table>
Session 9

Coping Self-Talk for Awfulizing

• Bad situations aren’t fun, but they don’t kill me.
• Nothing can be 101% bad.
• This is not fun, but I’ll live.
• I’ll learn from this situation.
• I’ll be O.K., even if I can’t fix this right now.
• This guy is acting stupidly, but I won’t make things worse.
Session 9

Coping Self-Talk for Mustation

• There’s no reason why I must have what I want.
• Just because I really want something, I won’t die without it.
• I’m not God. I can’t decide what other people have to do.
• There are no real “musts” in the universe.
• My musts feel real, but they’re B.S.
• Others don’t care about my musts, and they shouldn’t.
Session 9

Coping Self-Talk for Can't-stand-it-itis

- I can always stand what I don’t like.
- People's dumb behaviors are not a catastrophe.
- Living through this has never killed me before.
- I can take this.
- What can I do to make this situation better?
- I've lived through worse than this.
Session 9

Coping Self-Talk for People Damning

- People who don’t do what I want aren’t necessarily bad.
- Bad acts don’t make you bad.
- There’s no such thing as a purely bad person.
- There are no worthless people, only stupid, worthless acts.
- I’m not better than others.
- Everybody has the right to think and act their own way.
Session 10
Solving Problems Without Anger

The Steps
1. Recognize that a problem exists.
2. Reduce arousal.
3. Rethink autopilot thinking.
5. Come up with alternatives.
6. Weigh the consequences and choose an alternative.
8. Assess the outcome.
Session 10
Step 1

Recognize That a Problem Exists
(or that one is beginning)

I feel:
- tense
- aroused
- uptight
- overexcited
- wound-up

...so something is going wrong.

I better stop or slow down.

I'm not feeling calm or normal, so I better check out why.

I'm getting overly aroused.

It's up to me to do something.
Session 10
Step 2

Reduce Arousal

Use PMR (muscle relaxation).

Use “Thought Stopping.”

Use a “Time Out.”
Session 10
Step 3

Rethink Your "Autopilot" Thoughts

Did I see things incorrectly?
  • Blinding
  • Overstretching
  • Black-or-White Thinking
  • Magnifying/Shrinking
  • Taking Personally

Did I interpret things incorrectly?
  • Awfulizing
  • Mustation
  • Can’t-stand-it-itis
  • People Damning
Session 10
Step 4

Make a Problem Statement

Ask yourself: what are the facts that can help me solve the problem?

Ask yourself: what other information do I need to solve this problem?

Ask yourself: what should I do to find out this information?

State what the problem is that needs solving.
Session 10
Step 5

Come up with Alternatives (Other Solutions)

Refocus on the problem and on not the person.

Come up with as many solutions as you can (brainstorm).
Session 10
Step 6

Weigh the Consequences and Choose an Alternative

Which solution will give me the best outcome?

Which solution will give me the best gains and the fewest costs (now and in the longer term)?
Session 10
Step 7

Act

Do the thing that made most sense in Step 6.

(Useful skills for this step will be practiced in later sessions on assertive communication.)
Session 10
Step 8

Assess the Outcome

Size-up how things worked out.
If the problem was solved, what did I do to cause it?
If the problem was not solved, what did I do wrong?
What should I do differently next time?
Session 12
Sample Scenarios

Scenario 1
John is walking down the street and meets a friend whom he has not seen in a while. The friend tries to persuade John to go to his place and do some coke.

Modeling Vignette (Ineffective)
Coactor: (says to main actor) Hi, John. How are you doing?
Main actor: (says to coactor) Not bad, how about you?
Coactor: (says to main actor) Great, I'm doing just great. Haven't seen you in a while. Hey listen, John, I just got some blow (cocaine), and it's really good. Why don't we go back to my place and do a few hits?
Main actor: (says to coactor) No thanks, man, I don't do that stuff anymore.
Coactor: (says to main actor) You're kidding me right? Let's go to my place and do a few lines.
Main actor: (says to coactor) I'm not kidding. I don't do that stuff anymore.
Coactor: (says to main actor) Aw, c'mon, John, a few lines won't hurt you. It'll be fun, man. We'll have a party. You're always a great guy to party with.
Main actor: (says to coactor—becoming frustrated and raising his voice) Hey, I just told you I don't want to party.
Coactor: (says to main actor) John, man, you're turning into a real wimp.
Main actor: (interrupting coactor—angrily, challenging) Who are you calling a wimp, you son of a bitch?
Coactor: (says to main actor—raising his voice) What are you, nuts or something?
Main actor: (yells at coactor) Nuts? I'll show you who's nuts (prepares to punch coactor).

Scenario 2
John is walking down the street and meets a friend whom he has not seen in a while. The friend tries to persuade John to go to his place and do some coke.

Modeling Vignette (Broken Record—Effective)
Coactor: (says to main actor) Hi, John. How're you doing?
Main actor: (says to coactor) Not bad, how about you?
Coactor: (says to main actor) Great, I'm doing just great. Haven't seen you in a while. Hey listen, John, I just got some blow (cocaine), and it's really good. Why don't we go back to my place and do a few hits?
Main actor: (says to coactor) No thanks, man, I don't do that stuff any more.
Coactor: (says to main actor) You're kidding me right? Let's go to my place and do a few lines.
Main actor: (says to coactor) I'm not kidding. I don't do that stuff any more.
Coactor: (says to main actor) Aw, c'mon, John, a few lines won't hurt you. It'll be fun, man. We'll have a party. You're always a great guy to party with.

Main actor: (thinks to himself) This guy is starting to piss me off. He won't take no for an answer. I'm really getting angry at him, and I'm going to give him a piece of my mind. Wait a minute, that's just going to get me into an argument. I better calm myself down, take a few deep breaths... concentrate on relaxing myself... that's it... I don't want to get into an argument with him. How do I get him to back off without telling him off? I can try the Broken Record skill, be persistent, wait him out... That should work.

Main actor: (says to coactor—calmly) No, I don't want to. Like I just told you, I don't do that stuff any more.

Coactor: (says to main actor) John, man, you're turning into a real wimp. What happened? You were always up for a party. You sure I can't convince you? You know, for old times' sake?

Main actor: (says to coactor—calmly) No, I really don't do it any more. It's not for me.

Main actor: (thinks to himself) Sounds like I'm starting to get my message across.

Coactor: (says to main actor) Yeah, well, okay. If you really mean it. Maybe you'd like to sell some for me instead, you know, make some quick cash. You'd probably make lots of money seeing that you don't do it any more. So how about it? I can set you up, you know, get you going?

Main actor: (says to coactor) No man, listen, I've already told you I don't do that stuff any more. I don't want to have anything to do with cocaine at all. It just does not interest me.

Coactor: (says to main actor) Yeah, okay man, I get the message. See you around.

Main actor: (thinks to himself) Hey, that guy didn't give up easily, but I outlasted him and didn't lose my cool. The Broken Record skill really worked.
Session 12
Additional Scenarios—Broken Record Skill

1. A couple of guys you used to hang around with ask you to join them in doing some B & E’s. You don’t want to do it, but they are really pressuring you to join them. You don’t want them to think you’re a wimp, but you also don’t want to join them.

2. You buy a car from a used car dealer. A week after you bought it, you start having problems with it. You take it back to the dealer who promises to fix it. When you get the car back it runs okay for a couple of days and then breaks down again. You take it back to the dealer who once again promises to fix it. You give him one more chance, but the car breaks down again a few days later. You decide that you’ve had enough. You take the car back to the dealer and ask for your money back.
Session 13
Sample Scenarios

Scenario 1
You received some bad news from home, and it upsets you. You want to make a phone call home to see if you can help straighten things out. You have a tendency to get into arguments with people who won’t do what you want them to do. You ask a correctional officer, with whom you argued last week, if you can make the call. You think he is still pissed off at you, but you ask him anyway. He starts to give you a hard time.

Modeling Vignette (Ineffective)
Main actor: (says to coactor) I need to make a phone call.

Coactor: (says to main actor) Who would want to talk to a loser like you?

Main actor: (says to coactor—a little frustrated) C’mon man, this call is really important.

Coactor: (says to main actor) Nothing you do is important.

Main actor: (says to coactor—raising his voice) Don’t hassle me man, I got to make that call.

Coactor: (says to main actor—raising his own voice) You don’t get to do nothing.

Main actor: (yelling at coactor—becoming really angry) Get out of my face, or I’ll put your lights out.

Coactor: (says to main actor in an angry tone) Threatening an officer? You’re going in the hole.

Scenario 2
You received some bad news from home, and it upsets you. You want to make a phone call home to see if you can help straighten things out. You have a tendency to get into arguments with people who won’t do what you want them to do. You ask a correctional officer, with whom you argued last week, if you can make the call. You think he is still pissed off at you, but you ask him anyway. He starts to give you a hard time.

Modeling Vignette (Fogging Skill—Effective)
Main actor: (says to coactor) I need to make a phone call.

Coactor: (says to main actor) Who would want to talk to a loser like you?

Main actor: (thinks to himself) He is going to give me a hard time, and I’m starting to get tense. I think I have a problem. I better get this under control fast. Take a few deep breaths... that’s it, I can handle it. It looks like he is still pissed off at me for last week. What am I going to do? I really have to make that call. I can tell him to forget it and just walk away, but I need to make that call. I can tell him off, but that will just make things worse. What about trying the Fogging skill? That might work. Yeah, that’s what I’ll do. How did that work? Oh yeah, I got to keep my cool and not get upset, I have to agree with him, and I have to make sure that I don’t criticize him back. Okay, I think I got it.

Main Actor: (says to coactor calmly) You may be right about me being a loser. Everything seems to be going wrong, but this call is important.

Coactor: (says to main actor) Nothing you do is important.
Main Actor: (says to coactor calmly) You're probably right. Sometimes I feel the same way. But I would like to try and make that call.

Coactor: (says to main actor) Why should I do anything for a jerk like you?

Main Actor: (thinks to himself) He hasn't said no yet. Maybe this is going to work. I'll continue and see what happens.

Main Actor: (says to coactor) You're right, I guess I did act like a jerk last week.

Coactor: (says to main actor) You got that right.

Main Actor: (says to coactor) Do you think I'm going to be able to make that call?

Coactor: (looks at main actor curiously and says) Yeah, I guess so, okay.

Main Actor: (thinks to himself) Hey! I kept my cool, and I'm going to make the call. This Fogging skill really does work.
Session 13
Additional Scenarios

Fogging

1. You’re playing baseball with a bunch of guys. One of the guys is a real pain in the ass. He thinks he knows everything there is to know about the game and keeps telling you how you’re screwing up whenever you try to do anything. The other guys are okay, and you don’t want to ruin the game by getting into an argument with this guy, but he is starting to piss you off.

2. One of the guys in the unit has it in for you. He keeps calling you names and is generally trying to bug you. He has not threatened you, and you don’t want to fight him for no good reason, but he is starting to annoy you.
Session 14
Sample Scenarios

Scenario 1
It’s Friday afternoon. You had a hard day at work. Your boss was riding you all day, and you’ve had enough. As you were getting ready to go home, a few of the guys invited you to join them to go out for a beer. You know your wife is expecting you home because you’ve been invited for dinner at a friend’s house, but you decide that it’s okay if you join the guys for just half an hour. Two hours later, you remember the dinner invitation and go home. When you get there, you discover that you are already an hour late for dinner and that your wife is quite upset.

Modeling Vignette (Ineffective)
Coactor: (says to main actor—in an angry tone) Where have you been? We’re an hour late for dinner and you’re out drinking with your buddies. You’re completely selfish and just don’t give a damn. You’ve embarrassed me—us—in front of our friends. They called two times, and I didn’t know what to tell them.

Main actor: (says to coactor—feeling guilty and becoming defensive) Hey, what’s the big deal? So I’m a little late. I had a rough day at work and had a couple of beers with the guys. So what? You’ve never been late for anything?

Coactor: (says to main actor—even more angry) You just don’t give a damn about how I feel. You’re selfish. The only thing you care about is yourself. I don’t know why I bother to make any arrangements for us. You just don’t care.

Main actor: (says to coactor—with anger and sarcasm) Oh yeah, right, and you’re a perfect angel. You can’t even take care of yourself. Look at your hair. It’s a mess. I wouldn’t be seen dead with you looking like that. Just get off my back.

Coactor: (yells at main actor) Well if that’s the way you feel, you can damn well make your own arrangements and find some other fool to be with (storms out of the house).

Scenario 2
It’s Friday afternoon. You had a hard day at work. Your boss was riding you all day, and you’ve had enough. As you were getting ready to go home, a few of the guys invited you to join them to go out for a beer. You know your wife is expecting you home because you’ve been invited for dinner at a friend’s house, but you decide that it’s okay if you join the guys for just half an hour. Two hours later, you remember the dinner invitation and go home. When you get there, you discover that you are already an hour late for dinner and that your wife is quite upset.

Modeling Vignette (Negative Assertion Skill—Effective)
Coactor: (says to coactor in an angry tone) Where have you been? We’re an hour late for dinner and you’re out drinking with your buddies. You’re completely selfish and don’t give a damn. You’ve embarrassed me—us—in front of our friends. They called two times, and I didn’t know what to tell them.

Main actor: (thinking to himself) Hey, where does she get off calling me selfish? I work hard all day and the minute I do something wrong she jumps down my throat. It’s like nothing I do is ever right. Boy, that ticks me off. I’m just going to give her a piece of my mind... Wait a minute, I was late. I guess she has a right to be upset. I better calm down before this goes too far. What can I do that won’t make things worse? I can walk away and take a Time Out, but we’re already late, and it might make things worse. What about just talking to her, telling her that I made a mistake, using that Negative Assertion skill I learned...
does it work again? I have to stay cool and not get defensive, I have to agree with her and make sure that I don’t attack her back. Okay, I think I got it... I’ll give it a try.

Main actor: (says to coactor calmly) You’re right, that was a pretty dumb thing that I did. I don’t know what I was thinking about.

Coactor: (says to main actor—still angry) You just don’t give a damn how I feel. You’re selfish. The only thing you care about is yourself. I don’t know why I bother to make any arrangements for us. You just don’t care.

Main actor: (says to coactor) You’re right, that was pretty selfish of me, and you have every right to be upset.

Coactor: (says to main actor calming down) So, what are you going to do now?

Main actor: (says to coactor) I can call and explain what happened. If they still want us to come over, will you come?

Coactor: (says to main actor much calmer) I guess so.

Main actor: (thinking to himself) What I did was dumb, but I handled it pretty well. This Negative Assertion skill really helped keep the lid on things.
Session 14
Additional Scenarios

Negative Assertion
1. You're driving home with your girlfriend after a party. You're pretty tired, and you accidentally drive through a red light. There is no one around, but you're girlfriend starts criticizing your driving ability and won't stop. She is really starting to bug you.

2. You are at work driving a forklift inside the plant and carrying a 45 gallon drum of oil-based enamel paint. You take a corner too quickly, and the paint drum falls off and spills the entire 45 gallons all over the floor. Your supervisor comes running up and looks at you, and you know that he is angry.
Session 15
Sample Scenarios

Scenario 1
Several inmates in John’s unit applied for passes. John decided to apply as well in order to visit his mother who has been sick for a while and has not been able to visit him. All the other inmates got their passes. John’s request was denied. John was upset and asked to speak to the staff about his pass.

Modeling Vignette (Ineffective)
Main actor: (says to coactor—in an angry tone) I want to know why you didn’t give me a pass when all the other guys from my unit who applied got it.

Coactor: (says to main actor) Sure, John. Your pass was denied because your behavior was not good enough.

Main actor: (says to coactor—even more upset) Oh yeah, right. Everyone else is an angel except for me. You just have it in for me and it doesn’t matter what I do, you just won’t give me a pass.

Coactor: (says to main actor) That’s not true, John. Your behavior over the last while has been lousy and until that changes, you won’t get a pass.

Main actor: (raising his voice to coactor) There is nothing wrong with my behavior. You just don’t give a crap about me. You guys are all a bunch of jerks.

Coactor: (says to main actor) You better get your temper under control, or I won’t talk to you.

Main actor: (yells at coactor) Who gives a crap? Take your pass and shove.

Coactor: (raising his voice) That’s it. You’re out of here.

Scenario 2
Several inmates in John’s unit applied for passes. John decided to apply as well in order to visit his mother who has been sick for a while and has not been able to visit him. All the other inmates got their passes. John’s request was denied. John was upset and asked to speak to the staff about his pass.

Modeling Vignette (Negative Inquiry—Effective)
Main actor: (says to coactor—in an angry tone) I want to know why you didn’t give me a pass when all the other guys from my unit who applied got it?

Coactor: (thinks to main actor) Sure, John. Your pass was denied because your behavior was not good enough.

Main actor: (thinks to himself) What B.S.! There is nothing wrong with my behavior. They just don’t want me to have a pass. Man, that pisses me off... I feel like telling this loser off. Wait a minute, if I do that I’ll never get a pass... I better calm down and think this through... Take some deep breaths... Count backwards from 20... that’s better. I have been pretty tense the last couple of weeks. Is that what he’s talking about? Maybe I should talk to him and find out. How do I do it? How about the Broken Record skill? I can just keep asking for my pass... No, that wouldn’t work now. Maybe I can try that Negative Inquiry skill. Yeah, that might do it... What are the steps? Keep cool and don’t get defensive, accept the criticism, don’t criticize in return, and ask for more criticism. That’s it... OK, I’ll try it.

Main actor: (says to coactor—cahnly) I don’t understand. What was it about my behavior that was a problem?
Coactor: (says to main actor) Well, you've been pretty hard to get along with the last while.

Main actor: (says to coactor) Can you tell me more about that?

Coactor: (says to main actor) Every time somebody says something to you, you're jumping down his throat. You've been arguing with almost everyone.

Main actor: (says to coactor—thoughtfully) I guess I have been kind of touchy lately. Is there anything else that I should know about?

Coactor: (says to main actor) Well, your work has been pretty sloppy, and you've been making a lot of mistakes.

Main actor: (thinks to himself) Hey, I'm getting all this criticism, and I'm staying cool. I didn't realize that all this was going on.

Main actor: (says to coactor) I didn't realize that I was doing all that. Can you think of anything else that I was doing?

Coactor: (says to main actor) No, I think that's it.

Main actor: (says to coactor) Thanks for telling me all this.

Main actor: (pauses and then says) Do you think that if I can get my act together that I would be able to get a pass?

Coactor: (says to main actor) I don't see why not.

Main actor: (thinks to himself) I know what I have to do now. I did a pretty good job using this Negative Inquiry stuff, and it worked.
Session 15
Additional Scenarios

Negative Inquiry Skill

1. Your foreman comes up to you while you are working and accuses you of goofing off on the job, but you know that you did not. You don't think that he will believe you even if you tell him the truth.

2. You go away camping for the weekend with some guys even though your girlfriend didn't want you to go. She wanted you to go with her to visit her parents. When you come back from your trip, she accuses you of being selfish and that it was wrong for you to go camping with your friends. She won't stop criticizing you.
Session 17
The Depressive Spiral

Feel depressed.

Engage in fewer activities. Receive less satisfaction and positive feedback from others.

Feel more depressed.

Become less active.

Feel even more depressed.

Do even less.
Session 20
Cognitive–Behavioral Model of the Anger Relapse Process

Increased self-confidence and effectiveness

Increased probability of relapse

Effective coping—Being in control

Adaptive coping response

High risk situation

Maladaptive coping response

Lapse

Anger Violation Effect (AVE)

Maladaptive coping response

Relapse

Increased probability of relapse

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Session 20
How to Have A Relapse

Five Easy Steps
1. Don't keep a close eye on how you think, act, feel, or how aroused you are getting.

2. Put yourself in situations where you usually get angry (high risk situations).

3. Do not use the skills you learned to deal with the situation. Do not challenge or change negative thoughts or distortions. Do not reduce your level of arousal. Do not use good communication skills to express yourself.

4. Start thinking that you can't cope with this situation (and, of course, don't take a Time Out).

5. Start thinking that getting angry or aggressive will solve the problem or, at least, will let you get your way.
Session 20
The Cycle of Anger and Aggression

Stage 1: The person lets his tension level build up, communication stops, and no useful action is taken to reduce tension or to solve problems.

Stage 2: Tension keeps increasing, anger grows in the person, and there is verbal and emotional abuse, threats, and possible physical abuse (pushing, shoving, arm twisting, slapping, punching, severe violent event).

Stage 3: The ‘make up period’. The person apologizes, says it won’t happen again, promises to change, and tries to get the other family members to forgive and forget.

Stage 4: The ‘pretend normal period’. This leads to ‘all is better now’ thinking, making it easier to deny or make light of the problem, which eventually leads back to Stage 1.
Session 20

The Seven Types of High Risk Situations

Internal Risk Situations
1. Coping with emotions that feel bad (i.e., negative emotions).

2. Coping with negative physical states (e.g., pain).

3. Coping with urges.

External Risk Situations
1. Coping with arguments with other people.

2. Coping with put-downs.

3. Coping with desire to control someone.

4. Coping with substance use or abuse.
### Session 20
Sample Situational Risk Profile

<table>
<thead>
<tr>
<th>High Risk Situation Category</th>
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<tr>
<td>Negative Emotional States</td>
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<td>Negative Physical States</td>
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<td>Provocation</td>
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</table>
Session 21
Advantages of a Relapse Prevention Plan

Without a Plan
- The person does not know what to do in a crisis.
- The person does not feel confident or in control of the situation and has difficulty coming up with alternatives.
- The person starts to lose more control and becomes frustrated or angry.
- The person is more likely to become verbally or physically aggressive.
- If he does become aggressive, he may later feel guilty, like he has failed.

With a Plan
- The person has practiced his plan and knows what to do.
- The person has alternatives and can choose between actions A, B, or C.
- The person feels confident and in control of the situation.
- The person uses a plan and is more likely to cope effectively with the situation.
- The person feels good and is proud of himself for handling the situation.
Session 21
Tips for Planning

Tip 1
Set Goals and make them
- Clear and specific
- Realistic, and
- Easy to measure.

Tip 2
Avoid HRSs. Although this is not always possible, it is a good place to start until you can prepare a better plan. You can
- Physically avoid people
- Physically avoid events or places
- Avoid talking about certain subjects or issues, and
- Avoid talking about past, present, or future events that lead to anger.

Tip 3
Rehearse your plan. The more you practice it, the easier it gets.

Tip 4
Get help from others. They can help you to be more effective in controlling your anger.

Tip 5
Prepare for emergencies. A backup plan can help get you out of a high risk situation.
Session 21
Individual Relapse Prevention Plan

1. My high risk situation (describe in as much detail as needed):

2. Risk category that this situation belongs to:

3. What did I do in this situation before (my pattern of anger or aggression; describe in as much detail as needed):

4. My goals in this situation:

5. What skills can I now use to help me to meet my goals:

6. My strategy:
   A. What I’m going to tell myself in this situation (changing thoughts that may lead to anger):

   B. What I’m going to do in this situation (how can I reduce physical arousal):

   C. How I am going to use other skills. What I am going to do or say to get to my goals:

7. Who can I ask to help (before, during, or after):

8. My emergency plan:
Session 21
Individual Relapse Prevention Plan

1. My high risk situation (describe in as much detail as needed):

2. Risk category that this situation belongs to:

3. What did I do in this situation before (my pattern of anger or aggression; describe in as much detail as needed):

4. My goals in this situation:

5. What skills can I now use to help me to meet my goals:

6. My strategy:
   A. What I’m going to tell myself in this situation (changing thoughts that may lead to anger):
   B. What I’m going to do in this situation (how can I reduce physical arousal):
   C. How I am going to use other skills. What I am going to do or say to get to my goals.
Session Z1
Individual Relapse Prevention Plan
(continued)

7. Who I can ask to help (before, during, or after):

8. My emergency plan:
Session 21
Individual Relapse Prevention Plan
Example 1

1. My high risk situation (describe in as much detail as needed):
   When someone tells me to do something.

2. Risk category that this situation belongs to:
   Conflict

3. What did I do in this situation before (My pattern of anger or aggression; describe in as much detail as needed):
   To just say “F... you,” or do what they tell me to, but get angry because I have to do something that I don’t really want to do.

4. My goals in this situation:
   To do what I want to do.

5. What skills can I now use to help me meet my goals:
   To be more relaxed, and to learn to say “No.”
Session 21
Individual Relapse Prevention Plan
Example 1 (Continued)

6. My strategy:
   A. What I’m going to tell myself in this situation (changing thoughts that may lead to anger):
      Tell myself I don’t have to do it.
   
   B. What I’m going to do in this situation (how can I reduce physical arousal):
      Say “no” and try to keep calm.

   C. How I am going to use other skills. What I am going to do or say to get to my goals:
      Take a Time Out.

7. Who I can ask for help (before, during, or after):
I’d go talk to someone later.

8. My emergency plan:
Say I have to go because I forgot about something, and leave.
Session 21
Individual Relapse Prevention Plan
Example 2

1. My high risk situation (describe in as much detail as needed):
   When my wife and I have to talk about money.

2. Risk category that this situation belongs to:
   Conflict with others, desire to control, negative emotions

3. What did I do in the situation before (My pattern of anger or aggression; describe in as much detail as needed):
   I usually start feeling guilty, then I feel bad, and then I feel angry because I’m in prison, and I can’t really help. I usually end up yelling at her because I start thinking she’s trying to make me feel guilty, and I want her to stop talking about money.

4. My goals in this situation:
   To not have a lapse or relapse. To change my thinking because I know she’s not trying to make me feel worse. To be able to talk to her about money and not get angry or raise my voice or yell.

5. What skills can I now use to help me meet my goals:
   Active Listening, Thought Stopping, not taking things personally, maybe Time Out
Session 21
Individual Relapse Prevention Plan
Example 2 (Continued)

6. My strategy:

A. What I’m going to tell myself in this situation (changing thoughts that may lead to anger):
I’m going to keep telling myself to stay calm, relax, and that she’s not trying to make me feel bad, she’s just worried about the money situation. It’s OK for us to talk about this, I don’t need to get angry—she has a right to talk about this.

B. What I’m going to do in this situation (how can I reduce physical arousal):
I’m going to watch the tension in my neck very closely because that’s my first sign. If I feel tension, I’ll do some quick PMR and keep telling myself to relax. If it gets really bad, I’ll take a Time Out.

C. How I am going to use other skills. What I am going to do or say to get to my goals:
I’m going to use Active Listening to show her I care and understand. Tell her that it’s OK to talk about money and reassure her that I’m not going to yell at her.
Session 21
Individual Relapse Prevention Plan
Example 2 (Continued)

7. Who can I ask for help (before, during, or after):

She’s my main source of help, so I’m going to tell her how I feel, and what my goals are, and explain to her that I may need to take a Time Out.

8. My emergency plan:

If I get really bad, I would stop our visit before I got abusive. I would tell her I’d call her later when I was more relaxed. I would also let her know that it’s not her fault. She didn’t do anything wrong just by wanting to talk about money.
Session 22
After Success in a High Risk Situation

1. Give yourself praise or reward yourself whenever you handle a situation well. Tell someone about it.

2. Look back at the situation and ask yourself what you thought, said, or did (what skills) that worked in this situation. Did you follow your plan?

3. Decide if you could use this same plan again in other similar situations.
Session 24
Definitions

Lapse
Lapse means a slip or a mistake. You start to feel angry—that’s normal. But rather than coping with your anger, you start to think aggressively. A lapse means you don’t behave aggressively. You just think about it.

Relapse
Relapse means that you have stopped using the skills learned in this program and that you are starting to think and to behave like you did before coming here.
Session 24

AVE Chain of Events

1. Initial Lapse or Relapse

2. Unpleasant Emotions (guilt, shame, frustration, anger at self, depression)

3. Thinking Errors about the Relapse (Overstretching, Blinding, Self Downing)

4. The Coping Response (unhealthy ways, healthy ways)
Session 24
Healthy Coping

The Recovery Plan

1. To think about the personal safety of yourself and others

2. To accept the unpleasant feelings as normal after a lapse or relapse

3. To challenge the thinking errors and replace them with more realistic ways of thinking

4. To accept responsibility

5. To try to learn from the mistake, and

6. To make plans not to repeat it.