

Anger Control Sessions are designed to expose and define what inappropriate behavior is and how it is associated with angry feelings and premature, unwarranted aggression. Anger is an emotion that we all share; we could learn so much from how our emotions are triggered before anger is realized. We could look at anger as an alarm system, warning us that something is wrong or perhaps an injustice has been done. People who are angry sometimes don't want to talk about it. However, anger can be seen and discerned, which alerts others that something is wrong with you. Unfortunately angry feelings can often be misplaced and presumptuous; this means a person can be angry for no good reason and expressing unwarranted aggression. In other words, a person can become angry because they believe someone has done them wrong, when in fact they have not. This happens when we do not have the facts, only feelings. Remember "Feelings are not Facts!"

The following 5 key words we use when discussing Anger Control:

DEFUSE - to make less dangerous, tense, or embarrassing. – Through this lessons you will learn how to turn down aggression and walk away without a physical altercation.

AVOID - to prevent from happening. – Through this lesson you will see how your aggression causes an argument to be "turned-up". Also you will learn how to "turn-down for what..."

FORGIVE - to pardon an offense or an offender; to release (a person) from liability for an offense or wrong doing. – Through this lesson you will learn the advantages to forgiveness and the disadvantages for not forgiving.

COPE - to face and deal with responsibilities, problems, or difficulties, successfully or in a calm or adequate manner. – Through this lesson you will adopt ways to "Get Over It" and move on intentionally away from the pain.

RESPOND – a reply that is not a reaction, but rather a thoughtful, informed satisfactory answer and resolution. – Through this lesson you will learn what positive intentions are and how to promote an end to conflict rather than keeping the fight and flight turned up.