

WEEK 5

REFLECTION/HOMEWORK



10 MINUTES

As we come to the end of group today, I would like us all to take a minute to reflect on the topics we have discussed today.

Facilitator should distribute the “Jim’s Example Anger Management Plan” and the blank “Anger Management Plan” to group members at this time.

For homework, I would like to you to complete two tasks. First, I would like you to work alone or with your Support Person to outline an Anger Management Plan to use to help you manage your emotions next time you feel angry. Refer to the example copy filled out by “Jim” as a guide for how to create your own plan. As you can see, there are several specific sections in this plan:

- There is a section where you are asked to describe a situation in which you know anger will arise for you.
- The next section guides you in creating a specific reaction plan to use when you feel your symptoms of anger occurring. Be as specific as possible when completing this section- the more specific your safety plan, the better it will be able to help you! The next section asks you to list things that you know you should not do, because you are aware of the potential negative consequences.
- The final section asks you to create a list of people that you have access to that will help you to process the anger you experienced, once you have calmed down.
- If possible, this plan should be carried with you wherever you go for reference, in case you run into a triggering situation unexpectedly.
- Second, I would like you to complete the Take-Home Impressions Handout as a way to reflect on what you learned and worked on in group today, and bring it with you to our next session.



DISCUSSION PROMPT

Do you have any questions?