

WEEK 5

INTRODUCTORY ACTIVITIES

ESTABLISH GROUP RULES

2-5 MINUTES

WRITE the following group rules on the white board for reference for participants throughout the treatment group:

1. Confidentiality
2. Respect
3. Participation

I am going to go over the rules for this group. If you have any questions about any of the group rules, please ask, and I can help to explain what that rule means.

There are 3 main rules:

The first is:

- 1. Confidentiality:** This means that what we discuss today stays in this room and is not shared with others.

That brings us to our second rule:

- 2. Respect:** Please be kind to one another, by...
 - Listening when someone else is speaking,
 - Not talking over each other,
 - And encouraging one another

The last rule is:

- 3. Participation:** We ask that you take part in the discussion. Your ideas are important to the group. At times, I may need to cut discussion short. I will tell the group when discussion time is over.

Note: As a reminder, rules only need to be reviewed in depth if there are new members who have not participated in previous weeks. Rules are discussed at the start of each group and only a brief reminder should be utilized for groups with no new members.



ICE BREAKER

5 MINUTES

Play the **Three Corners Game**

- This activity is meant to facilitate awareness of each participant's feelings of control towards their own anger and get them thinking about how they respond to frustration.
- Choose three separate corners of the room and assign each with one of the following labels using the handout sheets that you printed when preparing for the group.
 1. No Control Over My Anger
 2. Some Control Over My Anger
 3. Complete Control Over My Anger*

Let's get to know each other a little better with a short game. Three corners of the room have a different label: "No Control Over My Anger", "Some Control Over My Anger", and "Complete Control Over My Anger." I will read different scenarios out loud. After each scenario is read, you must go to the corner of the room that best describes how you would feel in that situation. You can raise your hand and talk about why you chose your corner.

READ the following scenarios out loud (one at a time) and give participants time to move to their chosen corner. After each scenario is read, allow participants to explain why they chose the corner and to discuss their level of control over each frustrating situation.

1. You are at a store in the mall. One of the employees immediately starts following you around while you shop.
2. You arrived home past your curfew because you could not find a ride. Your parents start yelling and tell you that your excuse is unacceptable.

3. You are caught texting in class and your teacher takes your phone for the day.
4. You see your girlfriend/boyfriend flirting with someone else.
- 5) You find out someone has been spreading a rumor about you.



APPLIED PRACTICE REVIEW

5 MINUTES

During the previous week, you were asked to practice emotional regulation

- What did your emotion log look like? What emotions did you experience the most? What was their intensity?
- Did you use any emotional regulation strategies? How did that go?
- Did you discuss emotional regulation with someone important to you? If so, what kind of feedback did you receive?

Note: *If participants have not completed the applied practice, please ask the following question:*

- *If you did not have the chance to practice the strategies can you think of a time in the last week where they might have been helpful?*