

WEEK 5

PRACTICE ASSIGNMENT



10-15 MINUTES

During the coming week, be aware of a situation that makes you angry. Think about the physical effects of this anger and what triggered it. Use one of the management techniques you learned today. If this was not a positive situation, what part of your reaction would you change for a better outcome? Be prepared to share this encounter with the group next week.



DISCUSSION

Provide "Take-Home Impressions" worksheet.

Do you have any questions?

What skills did you learn today?

Are any of them more applicable than others?

What would you improve about this module?