



What's Good About Anger? Putting Your Anger to Work for Good: Expanded Anger Management Workbook

Lynette J Hoy LCPC, Ted Griffin Editor

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Expanded What's Good About Anger? 16 Lesson Book/Workbook, Third Edition (2013).

This excellent anger management resource includes the Third Edition book and 16 expanded application lessons to help people effectively deal with anger issues. Lessons include: 'What If?' scenarios and the following topics:

ANGER SURVEY;

1: ANGER'S MANY FACES

2: THE POWER OF ANGER

3: WHAT IS GOOD ABOUT ANGER?

4: DEFUSING ANGER BY MANAGING STRESS

5: HANDLING ANGER EFFECTIVELY

6: ANGER AND ASSERTIVENESS

7: MANAGING CONFLICT

8: TURN YOUR ANGER INTO FORGIVENESS

9: WHEN TO TAKE A TIME-OUT

10: PLAN TO CHANGE YOUR LIFE BY CHANGING YOUR THINKING

11: HOW EMOTIONAL INTELLIGENCE IMPACTS ANGER

12: BUILDING HEALTHY AND SUCCESSFUL RELATIONSHIPS

13: CHOOSING BEHAVIOR ALTERNATIVES

14: PREVENTING AND INTERRUPTING AGGRESSION

15: STOP BLAMING-ACCEPT RESPONSIBILITY

16: FACING THE CONSEQUENCES OF ANGER

ANGER MANAGEMENT PROGRESS REPORT,

CASE STUDY: BOB,

APPENDIX: ASSERTIVENESS SCENARIOS, COGNITIVE STRATEGIES & BELIEF INVENTORY

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