

6x2 hour sessions

to help you to deal with difficult emotions

Anger can be defined as “a strong feeling of annoyance, displeasure or hostility”. Feeling angry is a natural human response to certain life experiences, but when triggered by stress, anxiety or depression - it becomes a problem that needs to be managed.



dealing with difficult emotions

When we are feeling stressed, anxious or depressed, it is easy to become overwhelmed by these emotions – perceived threat, pent-up energy, tension, frustration and a sense of hopelessness can sometimes trigger angry responses, (even in the most placid).

When anger gets out of control and turns destructive, it can worsen your condition, (creating a vicious circle) – impacting negatively on your relationships, social life, work and overall quality of your life. It can make you feel like you're at the mercy of an unpredictable and controlling emotion.

“Uncontrolled anger may cause increased anxiety, high blood pressure and headaches.”

option

0300 123 0907 **2**



The key areas this programme focuses on are:

- Understanding how difficult emotions can trigger angry responses.
- What is anger and aggression?
- Understanding the cycle of anger.
- Advantages and disadvantages of anger.
- The functions and consequences of anger.
- Negative thinking and its contribution to feelings of anger.
- Communication skills.

This programme will help you to:

- Deal with the difficult emotions behind your anger.
- Recognise your personal triggers.
- Understand how your thought patterns contribute to feelings of anger.
- Think about ways to solve problems and find more effective solutions.
- Find appropriate, constructive ways to communicate anger and resolve conflicts.
- Learn to diffuse anger provoking situations to prevent escalation.
- Complete an anger relapse prevention plan.

With a little practice and guidance, most people can learn how to manage their anger more effectively. On this programme you will meet others with the same aim, meaning that you can learn from each other's experiences and encourage each other to develop and use anger management skills.

Following the programme, as part of the process of dealing with difficult emotions, many people have found it valuable to attend Changes Assertiveness and Stress & Anxiety Management programmes, (details of which are included in your information pack).



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0300 123 0907 **option 2**

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