



Anger Management- You Do Have a Choice: Facilitator's Manual

Cheryl Weldon

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Easy to read and follow, this useful guide and self-study provides the facilitator of an anger management group with the tools to assist participants in becoming aware of their anger and learning how to manage it appropriately. This manual includes suggestions for activities to enhance learning plus sample forms.

Participants will learn: * How to identify anger * Triggers and buttons of anger * How anger is different from other feelings * When anger is positive and when it's not * How to express your anger appropriately * And what to do when you don't

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