

# The Anger Management Program™



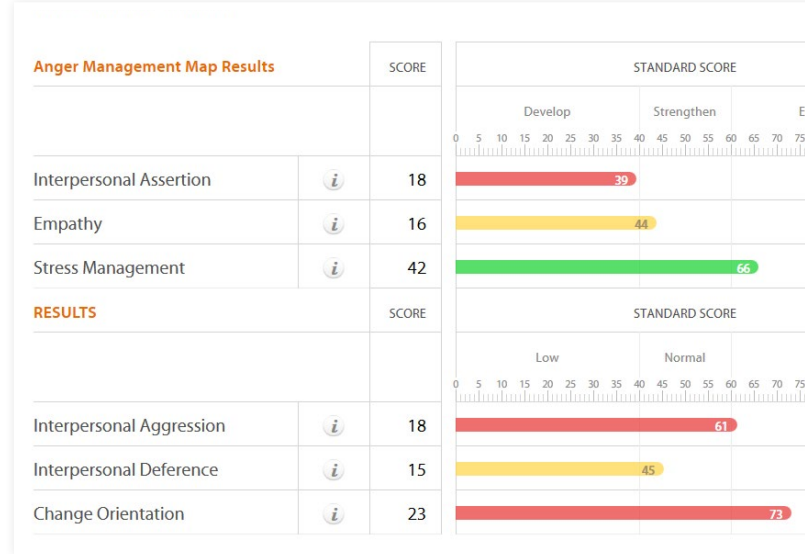
A Proven Assessment and Skill Intervention  
System for Anger Management

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Violent behavior is often the result of stressful events that trigger the inability to control an overwhelming sense of anger. *The Anger Management Program* teaches a positive alternative to violence, and in turn helps to develop a healthy personality.

## The Anger Management Map

*The Anger Management Map* is the core assessment in this program. The map looks at empathy, the ability to put oneself in someone else's shoes. Assertion, the skill that helps people communicate effectively, honestly and appropriately is ranked, along with the opposite traits of aggression (anger) and deference (fear). Since stress is usually the trigger for anger, stress management is assessed. The map also emphasizes the importance of change orientation, which is the degree to which people are motivated for change. This scale is a reliable predictor of the potential for success through training.



***"Holding on to anger is like drinking poison and expecting the other person to die."*** - Buddah

## Skill Intervention System



***Interpersonal Assertion*** – teaches how to effectively use direct, honest, and appropriate expression of thoughts, feelings and behaviors in dealings with others. It also covers how to be direct and honest in communicating with others without violating the rights of the other person.

***Empathy*** – covers how to sense, understand, and accept another person's thoughts, feelings and behaviors. Empathy is a primary characteristic of a skilled communicator. Persons with strong empathy tend to be sociable and outgoing.



***Stress Management*** – teaches how to manage stress and anxiety. Persons with skills in managing stress positively are competent managers of time and are flexible, self-assured, stable and self-reliant.

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