

## YOUTH ANGER AVOIDANCE COURSE OVERVIEW

### COURSE OBJECTIVES

The objective of this course is to focus on the root causes of anger and to teach cognitive skills that can help youth avoid anger before it takes control.

### COURSE CONCEPTS

#### UNIT 1: *BEGINNINGS*

- Forward-Neutral- Reverse
- Courage and Change
- Problem Solving

#### UNIT 2: *VALUES- Values, Attitudes, and Behaviors*

- Subconscious Values
- Scripting
- Positive vs. Negative
- Determining Right from Wrong
- We Are What We Think
- What Is The Truth About Me
- Truth vs. Untruth

#### UNIT 3: *GROWTH vs. DECAY*

- Perception
- Thoughts
- The Cycle of Thoughts
- Living and thinking In The Present
- What We Sow, We Reap
- Freedom
- Reasons For Breaking The Laws
- Consequences Of Breaking The Laws
- Thoughts Drive Consequences
- Forgiveness

#### UNIT 4: *LIFE*

- Hierarchy Of Emotional Needs
- Unfilled Emotional Needs
- Going Through The Door
- Don't Wait For Happiness
- Self-Talk and Positive Affirmation
- Success In Life
- Stand Up To Life
- Decisions

#### UNIT 5: *AVOIDING ANGER*

- Controlling Anger
- Primary and Secondary Emotions
- Anger Volcano
- Anger Shield
- Life's Stresses and Self-Control
- Tips On How To Avoid Anger
- Consequences

#### UNIT 6: *SKILLS* for LIFE

- People Skills
- Seek Wisdom
- Choose Good Friends
- Build Safe Relationships
- Be a Fence Post
- Look For Options
- Learn to Enjoy Life
- Productive Life
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#### UNIT 7: *LEADERSHIP*

- Power In Life
- Let the Past Go
- True Colors
- Avoiding Trouble
- Mountains vs Swamps
- How To Change