



ANGER MANAGEMENT COURSE OVERVIEW

COURSE OBJECTIVES

To help students overcome the root causes of anger, abuse, and domestic violence by challenging self-defeating thoughts and behaviors. The course focuses on self-deception, justification, and resistant behaviors.

COURSE CONCEPTS

UNIT 1: *BEGINNINGS*

UNIT 2: *SUBCONSCIOUS MIND*

UNIT 3: *HUMAN NEEDS*

UNIT 4: *ANGER AVOIDANCE*

UNIT 5: *INNER WAY OF BEING*

UNIT 6: *RELATIONSHIPS*

UNIT 7: *DOMESTIC VIOLENCE*

UNIT 8: *HOW TO BE HAPPY*

UNIT 9: *HOW TO CHANGE*

COURSE COMMENTS

People can change as fast as they want to if they are self-motivated to do so; it doesn't take weeks, months, and years as many believe. Because anger is a secondary emotion, it is important to focus on the primary motions and challenge the faulty thinking errors that created those emotions.

Anger management is a misnomer, because you can't manage it; it will always manage you! The focus of this course is anger avoidance, not anger management.