

## Handling difficult feelings (Anger)

### KEY FOCUS OF THIS UNIT

The primary focus of these resources is awareness and self-management of symptoms and triggers to anger. Key elements include a basic cognitive-behavioral (CBT) approach, supplemented by DBT mindfulness activities, distress tolerance skills, and tools designed to assist awareness and motivation for successful symptoms self-management.

### GOALS

- Increased understanding and successful management of angry feelings.
- Success in handling angry feelings from specific problem situations.
- Demonstrated understanding, (CBT).
- Movement to Contemplation Stage. (□ awareness, □ understanding, □ insight, □ acceptance).
- This unit teaches specific self-management skills.
- This unit provides many opportunities for problem solving.
- This unit includes multiple Motivational Interviewing (MI) tools.
- This unit supports self-control and anger management (selected skills lessons from the MAV resource).

1	Mindfulness moment 5	Pre I1 - You can't change me 15 F10 - Feelings, part 1 20	FFT Conflict Resolution 10 Worksheet - Anger symptoms template 10		MAV lesson 1 35
2	Mindfulness moment 10	F10 - Feelings, part 2 25	Worksheet: Anger symptoms management - FID 15 (shorter model)	Trigger events 1	MAV 2 35
3	Mindfulness moment 10	F10 - Feelings, part 3 25	Worksheet: Using the feelings rules anger scale to help identify triggers 10-15	Problem behaviors 2	MAV 3 35
4	FFT Anger? I think it's more like aggravation. 10	F2 - Anger, part 1 25	Worksheet: Anger self-assessment (from MI-MAV-1) 15	Trigger events 3	MAV 4 35
5	Mindfulness moment 10	F2 - Anger, part 2 25	Worksheet: Anger symptoms checklist (from MI-MAV-1) 15	Trigger events 4	MAV 5 35
6	Mindfulness moment 10	F2 - Anger, part 3 25	Worksheet: Assessment: anger stressors or triggers - what pushes your buttons 10-15	Trigger events 5	MAV 6 35
7	Mindfulness moment 10	F2 - Anger, part 4 25	Worksheet: Dealing with your anger - where do you want to be? 10	CF17.4 Aggravation and disrespect 4 (SL)	MAV 7 35
8	Mindfulness moment 5 or 10	FFT ST19 Using	Worksheet: Anger triggers summary activity 10+	Problem behaviors 1 Trigger events 2	MAV 12 35

9	Mindfulness moment 10	FFT ST20 Holding on to anger 20	Worksheet: Symptoms management - assessing frequency, intensity, and duration 20 (again)	CF17.1 Aggravation and disrespect I (SL)	MAV 15 35
10	Mindfulness moment 10	TP7 - I can't ever do that again 35	Worksheet: Situational confidence - anger 25	Worksheet: Decision tool - with rulers 10 (optional)	Trigger events 10
<p>Key summary elements:</p> <ul style="list-style-type: none"> <li>● Lesson #10 - TP7 I can't ever do that again</li> <li>● Lesson #10 - Worksheet: Situational confidence - anger</li> </ul>					

## OUTCOMES

- “Build a life worth living.” (Linehan)
- Participant functions successfully in daily living - and has the skills and motivation to maintain positive functioning.
- Envision and pursue positive life goals. Deal successfully with ordinary problems.

Improved general functioning through implementation of long term personal mental health and self-care plan, including dealing with aging issues.

- increased awareness of cognitive risk factors and issues underlying angry feelings - and potential issues in their lives
- increased acceptance that anger (and specific triggers to anger) may have influenced some of their past issues and choices
- increased acceptance that anger may still influence some of their current issues and choices
- development of selected options for dealing more effectively with the above - specifically the selected/targeted coping skills
- In practice against internal and external high risk situations presented in scenarios provided, demonstrate repeated successful coping
- demonstrate competence at problem solving skills (versus specific risk factors)
- assessment of personal situational confidence in dealing with these specific areas.
- key outcome is that they have the motivation - and an actual action plan - to handle some of these issues more successfully going forward. “Taking charge of your mind.”

## ADDITIONAL GOALS

- documentation of increased importance, confidence, and readiness for key changes (as assessed by MI-instruments and behaviors)
- positive social integration and functioning in the facility
- note specific health-related steps they will take, and areas for further development
- preparation for effective community and social reintegration upon release
- effective self-management continue to maintain positive and pro-active physical and mental health behaviors upon return to the community
- Through completion of behaviorally-stated objectives, demonstrate effective implementation and action plans for successful integration of key strengths and protective factors targeted by program.