



What's Good About Anger? Putting Your Anger to Work for Good: Expanded Anger Management Workbook

Lynette J Hoy, Ted Griffin

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This What's Good About Anger? 16 Lesson Book/Workbook (second edition - 2016), is based on the newest version of the (2016) book. This excellent anger management resource includes the Fourth Edition book updates expanding on the physiology of anger, emotional intelligence concepts, how to apologize and when to take a break. This book/workbook includes 16 expanded application lessons to help people effectively deal with anger issues.

Lessons include: 'What If?' scenarios and the following topics:

ANGER SURVEY

1: ANGER'S MANY FACES

2: THE POWER OF ANGER

3: WHAT IS GOOD ABOUT ANGER?

4: DEFUSING ANGER BY MANAGING STRESS

5: HANDLING ANGER EFFECTIVELY

6: ANGER AND ASSERTIVENESS

7: MANAGING CONFLICT

8: TURN YOUR ANGER INTO FORGIVENESS

9: WHEN TO TAKE A BREAK

10: PLAN TO CHANGE YOUR LIFE BY CHANGING YOUR THINKING

11: HOW EMOTIONAL INTELLIGENCE IMPACTS ANGER

12: BUILDING HEALTHY AND SUCCESSFUL RELATIONSHIPS

13: CHOOSING BEHAVIOR ALTERNATIVES

14: PREVENTING AND INTERRUPTING AGGRESSION

15: STOP BLAMING-ACCEPT RESPONSIBILITY

16: FACING THE CONSEQUENCES OF ANGER

ANGER MANAGEMENT PROGRESS REPORT,

CASE STUDY: BOB,

APPENDIX: ASSERTIVENESS SCENARIOS, COGNITIVE STRATEGIES & BELIEF INVENTORY

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