



Anger Management

- Description: A group focused on teaching clients how to recognize, manage, and express anger in healthy ways.

- Instructions:

- Introduction (10 minutes): Discuss the role of anger in addiction and recovery. Explain that anger is a normal emotion but can be destructive if not managed properly.

- Anger Triggers (20 minutes): Have clients identify common triggers for their anger and write them on sticky notes. Place the notes on a whiteboard to categorize them into themes (e.g., frustration, disrespect, fear).

- Coping Strategies (25 minutes): Teach techniques such as deep breathing, counting to ten, or walking away from a situation. Use props like stress balls to demonstrate how physical objects can help manage anger.

- Role-Playing (30 minutes): Conduct role-play scenarios where clients practice using these techniques in situations that would typically trigger their anger.

- Reflection (15 minutes): Discuss the role-play experience and how clients plan to use these strategies in real life.

- Facilitator Role: Educate on anger management, guide the identification of triggers, and facilitate role-play scenarios.

- Client Role: Reflect on personal anger triggers, practice coping strategies, and engage in role-playing exercises.