



## COURSE OVERVIEW

# Anger Avoidance

- ✓ Available in workbook
- ✓ Available in eLearning

ITEM # W 136



## COURSE DESCRIPTION

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

Some people have free-floating anger and erupt like a volcano without notice. Their anger is fueled by the four root causes—negative primary emotions. These emotions can be expressed as secondary emotions, which can result in negative behaviors. Anger is a natural emotion. People who live in growth have less of it, and people who live in decay have more of it. When you don't let anger in, it has no control over you.



## LEARNING OBJECTIVES & SKILL DEVELOPMENT

- Develop a strong locus of control
- Generational cycles of anger
- Positive thinking skills
- Positive influence skills



## RECOMMENDED USES

- **Self-Directed**—Student does most of the course work independently with a peer or mentor
- **Group**—To be completed in a group setting with a facilitator
- **Hybrid**—A combination of self-directed learning and group instruction



## COURSE INFORMATION

Course Format: eLearning and Printed Workbook

eLearning Length: 500 Slides

Scientific Model: Cognitive Restructuring

Author and Publisher: ACCI Lifeskills

Item Number: W 136

Workbook Pages: 48

Course Length: ~8 hours



## COURSE CONTENT

### UNIT 1: BEGINNINGS

Our beginnings don't have to be our endings.

### UNIT 2: VALUES

We receive most of our values at home.

### UNIT 3: GROWTH VS DECAY

Growth, stagnation, or decay is a choice.

### UNIT 4: LIFE

If we are not happy, it is our fault.

### UNIT 5: AVOIDING ANGER

Arguing never works; everyone loses.

### UNIT 6: SKILLS

People with good people skills go further in life.

### UNIT 7: LEADERSHIP

If we go with the flow, we could end up in decay.



## CRIMINOGENIC NEEDS MET

1. Antisocial cognitions
2. Antisocial companions
3. Antisocial personalities
4. Family relationships



## LEARNING ACTIVITIES

- Self-assessments
- Scenario-based learning
- Application and skill building
- Self-reflection
- Role playing
- Discussion with coach
- Focused journaling