

## Lesson 1 Homework (Optional)

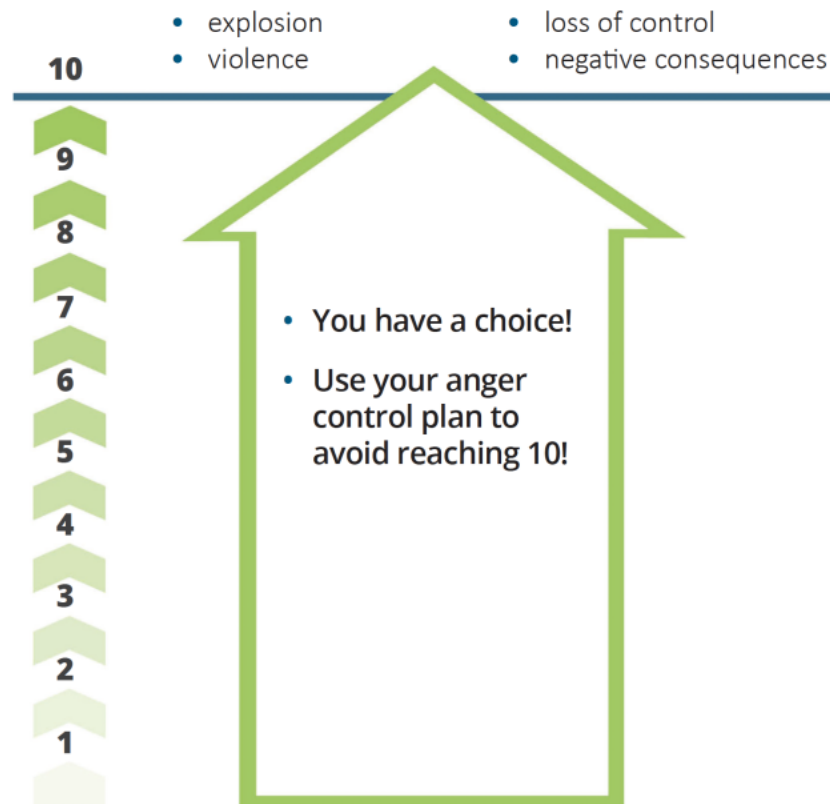
Review definitions of anger and aggression, myths about anger, anger as a habitual response, and the anger meter.

A score of 1 on the anger meter represents a complete lack of anger or a total state of calm, whereas 10 represents an angry and explosive loss of control that leads to negative consequences.

For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.

\_\_\_\_\_ M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sat \_\_\_\_\_ Sun

### Anger Meter



## Lesson 2 Homework (Optional)

Starting this week, you will now start to monitor your anger and identify anger-provoking events and situations.

At the end of each week, you are encouraged to monitor and record the highest number you reach on the anger meter for each day of the upcoming week after each session.

For the day with the highest number, identify the event that triggered your anger, the cues that were associated with your anger, and the strategies you used to manage your anger in response to the event.

Use the following questions for your weekly review before completing the next session:

- 1. What was the highest number you reached on the anger meter during the past week?**

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- 2. What was the event that triggered your anger?**

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- 3. What cues were associated with the anger-provoking event?**

**Physical cues** \_\_\_\_\_

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**Behavioral cues** \_\_\_\_\_

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**Emotional cues** \_\_\_\_\_

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**Cognitive cues** \_\_\_\_\_

\_\_\_\_\_

**4. What strategies did you use to avoid reaching 10 on the anger meter?**

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\_\_\_\_\_

## Lesson 2 Cue Tracker

You can print this page as an easy way to record your homework each week.

**For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.**

\_\_\_\_\_ M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sat \_\_\_\_\_ Sun

Events, Cues, and Strategies Identified During the Check-In Procedure

Event ▶	Cues ▶	Strategies

## Review - Four Cue Categories

*Please use this reference to refer to for all lesson homework.*

- |                       |   |
|-----------------------|---|
| 1. Physical           | (examples: rapid heartbeat, tightness in chest, feeling hot or flushed) |
| 2. Behavioral         | (examples: pacing, clenching fists, raising voice, staring)             |
| 3. Emotional          | (examples: fear, hurt, jealousy, guilt)                                 |
| 4. Cognitive/Thoughts | (examples: hostile self-talk, images of aggression and revenge)         |

### Lesson 3 Homework and Cue Tracker

Practice the deep-breathing exercise, preferably once a day during the next week, and develop a preliminary version of your anger control plans.

**For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.**

\_\_\_\_\_ M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sat \_\_\_\_\_ Sun

Events, Cues, and Strategies Identified During the Check-In Procedure

Event ▶	Cues ▶	Strategies

## Lesson 4 Homework and Cue Tracker

Review the aggression cycle and practice progressive muscle relaxation, preferably once a day, during the coming week. Don't forget to develop your anger control plans.

**For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.**

\_\_\_\_\_ M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sat \_\_\_\_\_ Sun

Events, Cues, and Strategies Identified During the Check-In Procedure

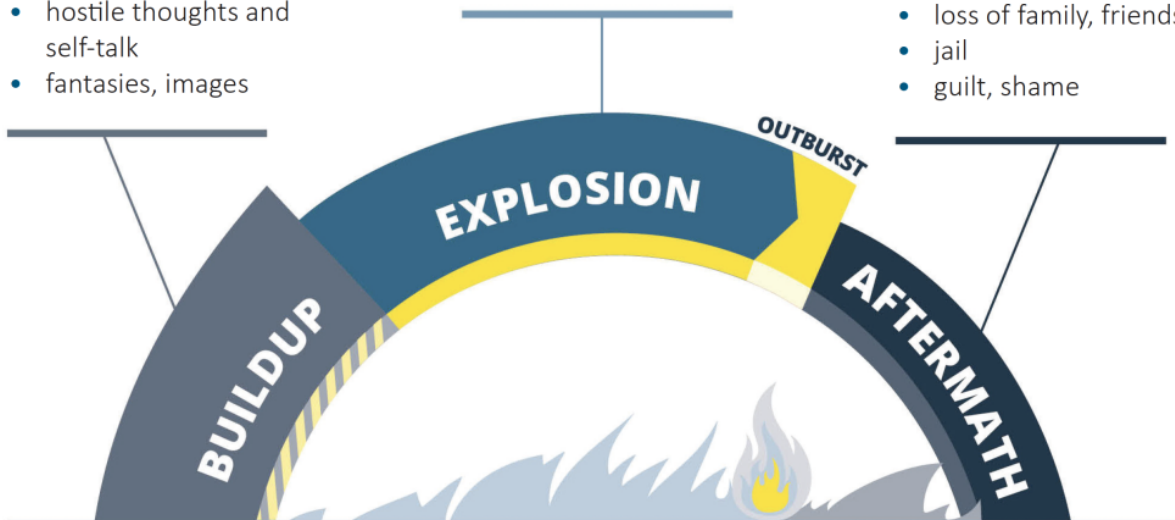
Event ▶	Cues ▶	Strategies

## The Aggression Cycle

- increased heart rate
- flushed, hot
- clenched fists
- pacing back and forth
- feelings that underlie anger
- hostile thoughts and self-talk
- fantasies, images

- verbal aggression
- destructiveness
- violence

- fired from job
- kicked out of treatment
- financial costs
- loss of family, friends
- jail
- guilt, shame



## Lesson 5 Homework and Cue Tracker

Review the A-B-C-D Model and to record at least two irrational beliefs and how you would dispute these beliefs. In addition, use the thought-stopping technique, preferably once a day during the coming week. Don't forget to develop your anger control plans.

**For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.**

\_\_\_\_\_ M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sat \_\_\_\_\_ Sun

Events, Cues, and Strategies Identified During the Check-In Procedure

Event ▶▶	Cues ▶▶	Strategies

## **Lesson 6 Homework and Cue Tracker**

Monitor and record their highest level of anger on the anger meter during the coming week. Identify the event that made you angry, the cues that were associated with the anger-provoking event, and the strategies you used to manage your anger in response to the event.

Review the definitions of assertiveness, aggression, and passivity. Identify when you've been assertive, preferably once a day during the coming week. Don't forget to continue to develop your anger control plans.

## Lesson 6 Cue Tracker

For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.

\_\_\_\_\_ M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sat \_\_\_\_\_ Sun

Events, Cues, and Strategies Identified During the Check-In Procedure

Event ▶	Cues ▶	Strategies

## **Lesson 7 Homework and Cue Tracker**

Monitor and record their highest level of anger on the anger meter during the coming week. Identify the event that made you angry, the cues that were associated with the anger-provoking event, and the strategies you used to manage your anger in response to the event.

Practice using the Conflict Resolution Model, preferably once a day during the coming week. Don't forget to continue to develop their anger control plans.

## Lesson 7 Cue Tracker

For each day of the upcoming week, monitor and record the highest number you reach on the anger meter.

\_\_\_\_\_ M \_\_\_\_\_ T \_\_\_\_\_ W \_\_\_\_\_ Th \_\_\_\_\_ F \_\_\_\_\_ Sat \_\_\_\_\_ Sun

Events, Cues, and Strategies Identified During the Check-In Procedure

Event ▶▶	Cues ▶▶	Strategies