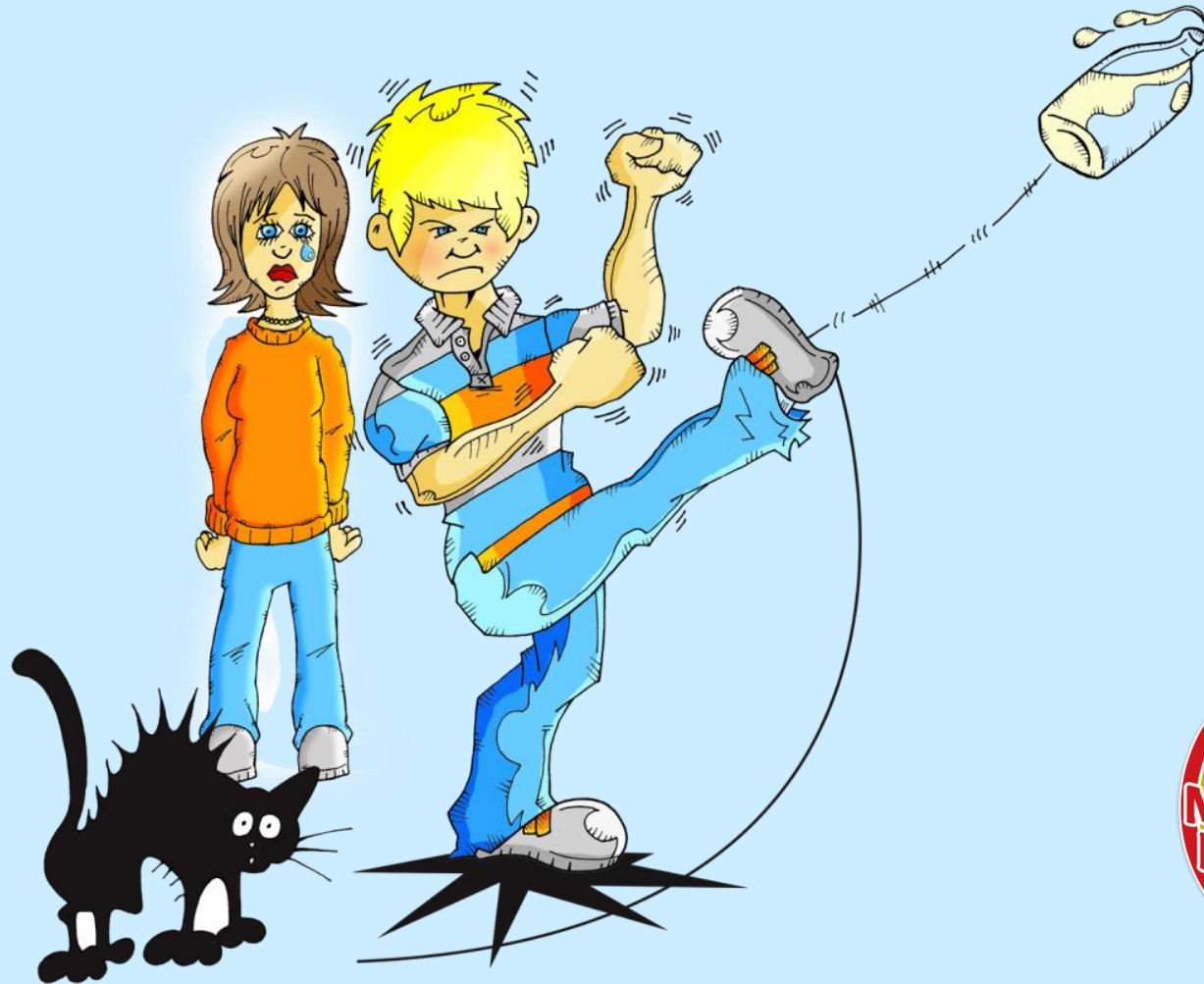


The Anger Management Programme



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Professional Memberships

- British Association for Counselling & Psychotherapy
 - United Kingdom Council for Psychotherapy [UKCP]
 - United Kingdom Association for Transactional Analysis
 - National Council for Hypnotherapy
- EMDR Association for UK & Ireland
- Complementary & Natural Healthcare Council



PART ONE
Introduction



A Way of Understanding Ourselves and Others

There is a way of understanding the behaviour of ourselves and others which is, in my opinion, unsurpassed by any other method. That way is called 'Transactional Analysis' or simply 'TA' for short. TA is woven into all my work and thinking as a therapist and many of its concepts are built into this programme.

I thoroughly recommend that you consider reading my little TA introductory book, 'The TA Way of Understanding Ourselves and Others,' which can be downloaded free on this site.

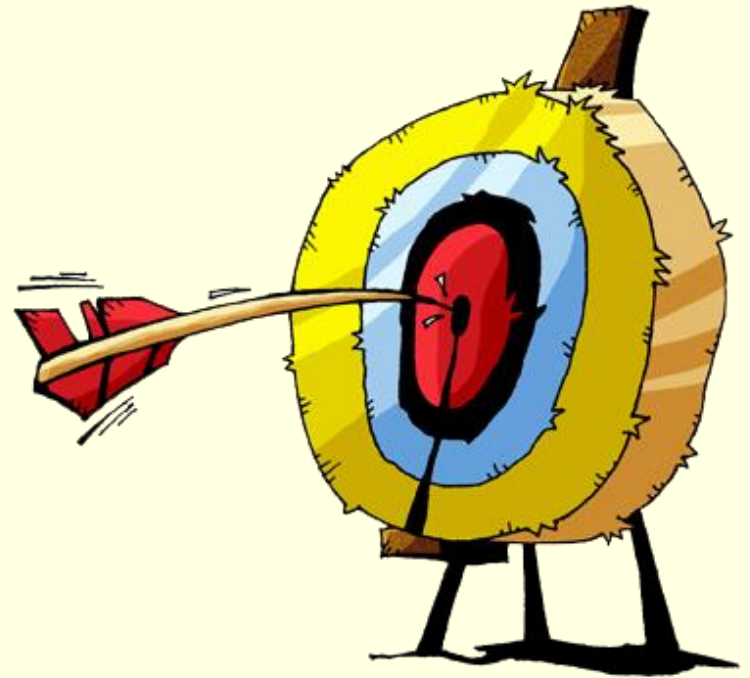
In producing 'The Anger Management Programme' I am indebted to the work of Eric Berne [who originally developed Transactional Analysis [TA], also to Adrienne Lee and Ian Stewart of 'The Berne Institute', John Monk Steel and Maureen Felton, from whom I have learned most of what I know about TA.

About This Programme

- This is a programme for people who want to handle anger, frustration and stress much better than they have in the past.
- It's also for joint use by couples in conflict.
- And it's a resource for professionals working with anger problems.
- The Programme is divided into ten easy to follow, step-by-step, practical steps.
- The Programme is supported by free audio downloads.

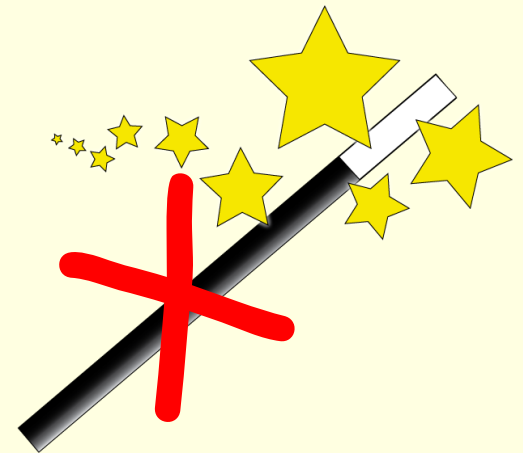
On successful completion of 'The Anger Management Programme'

- You will be able to choose what to do instead of reacting angrily.
- Be better able to discuss things calmly and handle 'wind ups.'
- Know how to defuse anger directed at you.
- Be able to release anger safely without hurting yourself or others.
- Be less stressed and feel angry and frustrated less often.



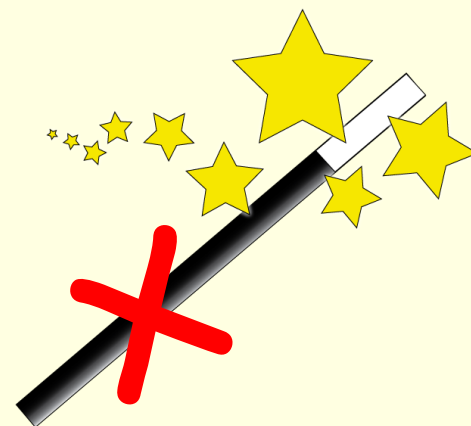
Changing habitual ways of thinking
and behaving won't happen just
because you read this book. You need
to follow the preparation steps and
practice the techniques!

There's no magic wand!



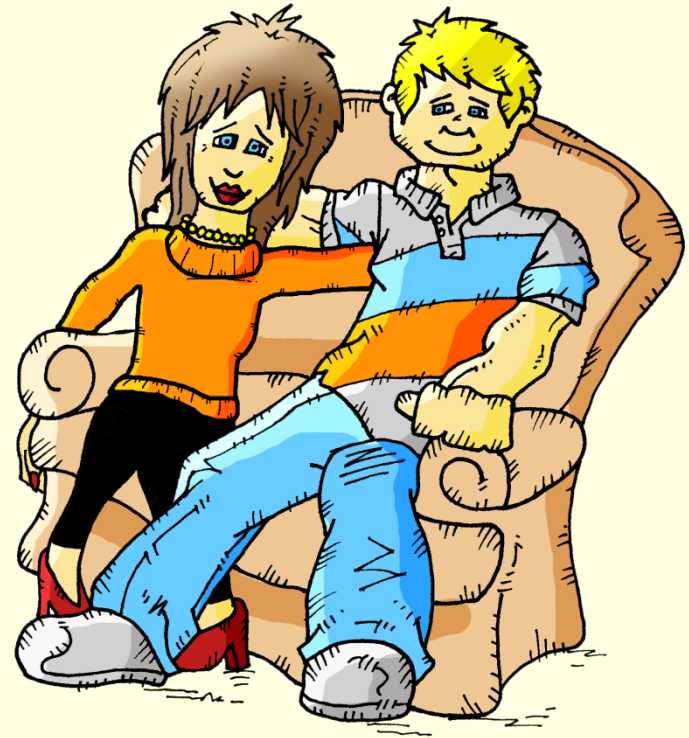
It's not magic - you need to prepare

- If you wanted to learn how to play an instrument, walk a tightrope, juggle, or write a computer programme, it would be no good just reading about it, would it? Success in anything requires practice!
- The aim of this programme is to change habitual ways of responding angrily in some situations.
- Knowledge alone will not do it - you need to follow the simple preparation steps and practice the new ways of thinking and behaving.



Sam and Dan

During the programme we meet Sam and Dan who are experiencing anger, stress and relationship difficulties.



Illustrations by
Barry Aldridge
Barry_Aldridge27@tiscali.co.uk

Learning to understand and interrupt the anger process

The Number One Priority of the programme is to provide an Impulse Control Technique to give control over angry and aggressive responses.

IMPULSE
CONTROL

IS NUMBER ONE

1

PRIORITY

You should consider personal therapy or couples counselling if.....

You may need to consult a therapist to complete your work if, at the end of this programme, you are still:-

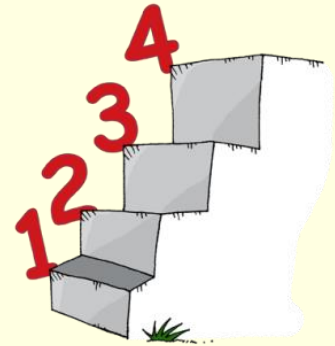
- Struggling with impulse control.
- Having bouts of rage.
- Feeling angry or hurt about events from the past.
- Unable to express yourself assertively.
- Experiencing relationship difficulties.

IF YOU ARE THINKING ABOUT
HURTING YOURSELF OR
SOMEONE ELSE YOU SHOULD GET
PROFESSIONAL ADVICE IMMEDIATELY



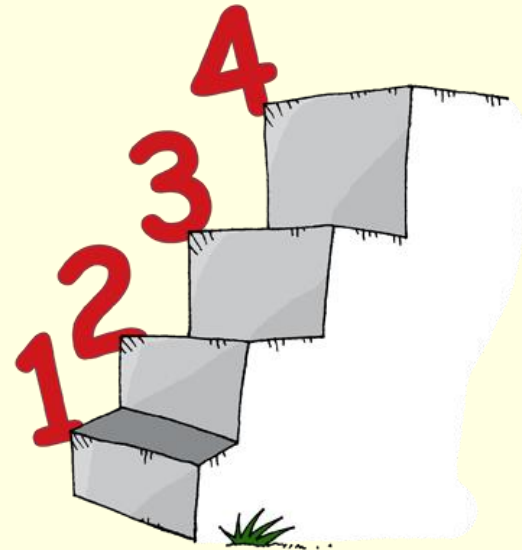
Mastering the techniques will take time

- Right now, you don't know how to control your angry reactions in some situations. This is learning level one.
- At the next stage, when you have read the programme material, you will be aware of how to do it, but unable to do it consistently. Then you will be at learning level two.
- You will then progress to a stage where you can manage your reactions consistently, but are still having to think about it. That is learning level three.
- Finally, you will be managing your responses without having to remind yourself what to do. That is learning level four, the ultimate stage of all learning, and is called:-
'Unconscious Competence'.



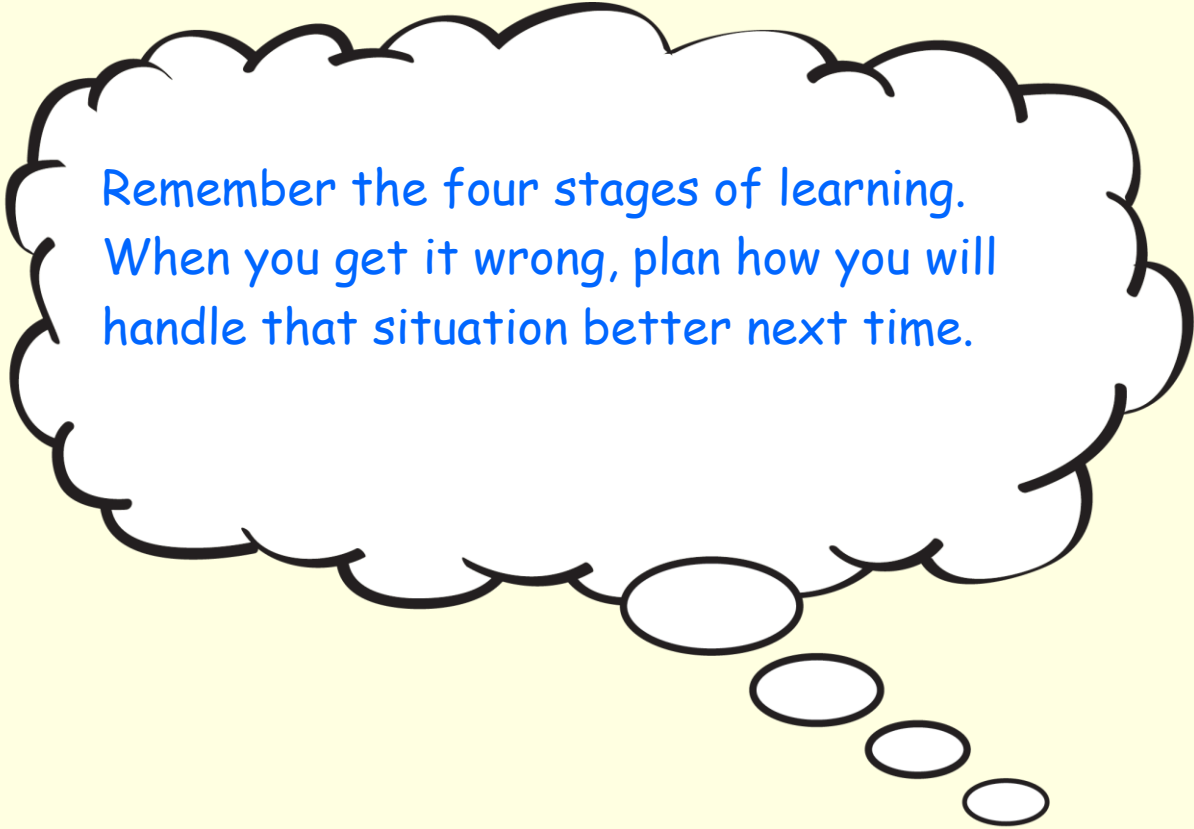
Be patient with yourself.....

- Be patient with yourself - there are no short cuts to 'Unconscious Competence'.
- You will have setbacks along the way. Some days you may think that you haven't learned much at all.
- Stick at it - with practice, the Impulse Control Techniques in this programme are highly effective.



Initially, your impulse to react angrily may remain strong - the difference is you will be able to control it!

As you progress you will notice that you feel angry less often and that you get over things more quickly.



Remember the four stages of learning.
When you get it wrong, plan how you will
handle that situation better next time.