

Anger Management

A Personal Anger Management Program

The Anger Management Counseling Program is held at the offices of Bethany, Yates & Associates Personal Counseling & Consulting, 803 Stadium Drive, Suite 101, Arlington, 76011, one block south of the Rangers Ballpark in Arlington. Classes are held Monday evenings from 7:00 p.m. to 8:30 p.m. for ten (10) weeks. The cost of the class is \$30 per class session (\$300 total) or \$250 if prepaid. Payment must be paid in cash or money order; **personal checks are not accepted.**

Note: Classes are open-ended and can be entered at any time during the ten-week program. Topics covered include:

- **Defining Anger: Good or Bad?**
- **Values, Self-Esteem and the Subconscious Mind**
- **Eliminating the “Boy Code” ... for both Men and Women**
- **Control Issues & Irrational Beliefs**
- **Anger: Our Source of Protection: Fear, Fight or Flight**
- **Replacing Passive, Aggressive and Passive/Aggressive Behavior with Assertive Behavior**
- **Contributing Triggers of Anger**
- **Fair Fighting**
- **Relaxation/Calming Techniques/4-part breathing**
- **Keeping Rage in Check/Knowing your triggers**
- **Building Healthy Boundaries**
- **Releasing Anger Productively**
- **Effective Communication Skills**
- **Goal Setting and Relapse Prevention**
- **Eliminating Excuses That Only Make Things Worse**
- **Conflict Utilization**