

MAKING ANGER YOUR ALLY:

Learning to Recognize and Handle The Anger Within And Around You

Anger is a powerful human emotion. Disrespect, abuse and violence, which are, in fact, distortions of anger, are all around us in our world today. Sadly, for many people, anger, when it becomes distorted, it literally becomes a “dark side” that seems to come out of nowhere to overwhelm much of what could be good in their lives.

Anger becomes a destructive force in your life when it leads to attempts to hurt, punish, intimidate, and control those around you, which can eventually result in mistrust and emotional distance in relationships with family and friends and can even lead to legal and work difficulties. Unfortunately, all too often, anger can also develop into a seemingly insurmountable problem with partners, children, family and friends, at work, and even in the car while driving.

Although anger is generally a painful and uncomfortable experience, however, it can, in fact, also be a helpful and productive force in your day-to-day living. The emotion of anger can lead to self-knowledge, problem-solving, and intimacy with others when you learn to handle it effectively. How anger affects your life depends on what you do with the anger within and around you.

This **five-part workshop for men and women 18 and older** focuses on what anger is (and isn't), how and where you developed your attitudes and beliefs about anger and its place in your life, and how to identify ways to be more aware of your anger triggers and your personal escalation process. You will also learn some specific and practical ways to slow down and de-escalate so that you can begin to handle your anger differently when you have the potential to become disrespectful and explode or withdraw. Finally, you'll get some ideas about how you can begin to share the anger that you do experience in a more clear, assertive, and respectful way.

• **DATES OF UPCOMING CLASSES: 5 Wednesdays from September 27 to October 25, 2017 (5-7 PM)**

5 Wednesdays from November 15 to December 13, 2017 (5-7 PM)

5 Wednesdays from January 24 to February 21, 2018 (5-7 PM)

5 Wednesdays from April 4 to May 2, 2018 (5-7 PM)

• **LOCATIONS: Richards Gordon Office Building, 1619 Dayton Avenue, Suite 321, St. Paul 55104 (9 or fewer); Midway YMCA or Merriam Park (Keystone) Community Center (10 or more): see directions to locations on the back of this flyer**

• **COST: \$350 (\$650 for couples): the workshop fee includes a 380-page anger management workbook**

FYI: Insurance WILL NOT pay for this educational workshop because it is a class

• **PRE-REGISTRATION IS REQUIRED (Be sure to call prior to the workshop if you are not registered ahead of time to make sure the workshop has enough registrants to actually be held)**

NOTE: This five-session anger management class is NOT intended to be therapy nor is it intended to serve as a domestic abuse treatment program but rather as a educational overview of what anger is, what anger isn't, and ways to handle your anger more effectively at home, at work, when you are driving, or in any other area of your life.

ANGER WORKSHOP REGISTRATION FORM

TO REGISTER: Please send this form and your check, money order, or credit card information to **David Decker, MA, LP, Richards Gordon Office Building, 1619 Dayton Ave., Suite 321, St. Paul, MN 55104 (make checks payable to David J. Decker, MA)**

CANCELLATION POLICY: Registrants must notify us at 612-725-8402 **48 hours prior to the first class in order to receive a refund**

Name _____ Street address _____

_____ City _____ State _____ Zip _____

Home phone _____ Work phone _____

Workshop Name _____ Dates of Workshop _____

Check appropriate box if paying by Visa(), Mastercard(), or Discover(), and include: Expiration Date _____

Card # _____ Signature _____