

ORDER FORM FOR ANGER WORKBOOK (print and mail)

EMBRACING THE DARK SIDE: Learning to Recognize and Handle the Emotions Within and Around You (Cost is \$40.00 plus \$5.95 S&H per workbook)

This 368-page workbook has been used for 20 years with clients in individual, couple, and family therapy and in anger management classes for both men and women, and in self-study. It consists of educational units that offer information on a variety of topics which can be helpful in recognizing and handling the anger you experience and specific tasks and homework that serve as a way to integrate the material in the workbook with your day-to-day living.

The workbook contains:

* An **Introduction** provides an overview of the workbook which includes an Anger Pre-Test, and Anger Index, and an Anger Questionnaire, and "The Story of an Angry Person"

* A section on "**Individual Member Tasks**" offers an **Escalation Prevention Plan** and a **Time-Out Plan** that serve as the foundations for understanding your anger triggers and responding differently when they are present

* **Educational Units** which include:

- "**Stress, Anger, Control, and Abuse**" offering information on:
 - The foundations of effective anger management
 - Stress and its relationship to anger
 - Understanding what anger the emotion is and what it is not
 - Abusive and controlling behavior
 - The process of escalation to disrespectful and explosive anger and an Escalation Diary to start noticing your personal escalations
 - De-escalation and stress management strategies, including developing your own *Anger Toolbox*
 - Understanding and using time-outs effectively
- "**Self-Talk**" offering information on:
 - What self-talk is and how what you are saying to yourself affects your escalation to disrespectful or abusive behavior
 - Ways to identify and intervene in destructive self-talk with examples of positive self-talk
 - A Self-Talk Log that can help you recognize your own negative self-talk and replace it with more positive self-talk
- "**Shame and Empowerment**" offering information on:
 - What shame is and how it is connected to explosive and disrespectful anger
 - Sources of shame and rules of shame-based systems
 - What empowerment is and how it differs from shame
 - The cycles of shame and empowerment and the defenses that contribute to a shame-based lifestyle
 - Moving toward an empowerment-based style of living and developing higher self-esteem
- "**Assertiveness, Communication, and Conflict Resolution**" offering information on:
 - Understanding what feelings are and expanding your feeling words vocabulary
 - Identifying the four different styles of communicating with others (with examples of each) and a list of some assertiveness skills
 - An *Assertiveness Inventory* and an *Assertiveness Grid* that can assist you in understanding your patterns of communicating with others
 - How to become more assertive in your daily life
 - The elements of effective communication
 - Exaples of "dirty fighting" and a model to promote effective conflict resolution
- **Healthy Relationships, "Road Rage," and "Some Related Topics"** offering information on:
 - Unhealthy vs healthy boundaries, the developmental stages of relationships, and myths about love, intimacy, and relationships
 - Assumptions About Intimate Relationships
 - Key ingredients in having and maintaining a healthy relationship
 - Different types of intimacy
 - Road rage, the types of road ragers, how to protect yourself from your own or others' anger on the highways, and examples of triggers and aggressive behaviors when you are driving
 - How your life can be different if you change the way you experience and express your anger and how to tell whether you've changed
- "**Additional Questions and Issues to Think About and Address**" after each Educational Unit

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Please send me: _____ *Embracing the Dark Side* workbook(s) @ \$40 each

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Please allow 4 weeks for delivery

Thank You!