

ORDER FORM FOR THE ANGER MANAGEMENT WORKBOOK

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

This 384-page workbook has been used in various forms since 1990 with clients in individual, couple, and family therapy, 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*** which provides an overview of the workbook and includes an *Anger Pre-Test*, a personal *Anger Index*, an *Anger Questionnaire*, and the composite story of an “angry person” and their process in using the workbook materials and working this program
- A section on ***Individual Member Tasks*** which offers an ***Escalation Prevention Plan*** and a ***Time-Out Plan*** that serve as the foundations for understanding your anger triggers and responding differently and more effectively when they are present and “popping off” around you
- **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 punishing and disrespectful anger
 - Sources of shame and the 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 communication (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
 - Examples of “dirty fighting” and a model to actually promote more 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 creating and maintaining a healthy relationship with a partner
 - 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 that can occur when you are driving
 - Respectful and effective parenting, handling holiday stress, the importance of male friendships, and some specific examples of *Amends Letters* (from the *Tasks* section of the workbook)
 - How your life can be different if you change the way you experience and express your anger and how to tell whether you've really changed what you do with your anger
- **Additional Questions and Issues to Think About and Address** after each educational unit

Name _____ Organization _____

Address _____ City/State/Zip _____

Phone Number (_____) _____ Fax Number (_____) _____

Please send me: _____ *Embracing the Dark Side* workbook(s)

- Enclosed is my check or money order for \$ _____ (please add 7.625% sales tax if a Minnesota resident and be sure to include \$5.95 shipping and handling charges for each workbook ordered; non-US handling charges are higher and will applied at the time of purchase). Total cost for Minnesota residents is \$49.00/workbook.

Send your check or money order (sorry, no C.O.D. orders accepted) payable to:

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