

Review

You have come a long way! Here is a list of what has been covered in the course.

- Anger Myths
- Changing the Anger Habit
- The Anger Meter
- Triggers for Anger
- Four kinds of Anger Cues
- Using the Anger Awareness Record
- Creating Anger Control Plans
- Enhancing Social Support
- Deep breathing and muscle relaxation
- The Aggression Cycle
- Progressive Muscle Relaxation
- The A-B-C-D Model
- Thought Stopping
- Assertiveness Training
- The Conflict Resolution Model
- Anger and the Family

Now that is a lot of material, and you should be proud of yourself for sticking with it to this point. This module is intended as a review. Please go back through each section, paying particular attention to the sections you feel you need a refresher on. The quiz that accompanies this section will cover what was discussed in Modules 7-10, since the "midterm" covered the other sections recently. Remember to review all of the sections, however - this is how you grow and get better.

As always, complete the Anger Meter for the week. If you have found yourself at a 4 or above for any of the days, also complete the Anger Awareness Record so you can gain insight into what your triggers, cues, and reactions were. And don't forget to also write what worked for you - and congratulate yourself for not allowing it to reach a 10! If you did reach a 10 (explosion) any day in the past 30, make sure you reach out to discuss it further in case there are any blind spots that we can help identify.

Keep up the good work! Once the final Quiz has been submitted, a certificate of completion will be prepared and sent to you. If you have questions about any of the material, or feel it would be helpful to converse about it over the phone, don't hesitate to reach out. Thank you for participating in this online learning process.

Best,

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