

MONDAY NIGHT SOLUTIONS

ANGER MANAGEMENT
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Anger can range from slight annoyance to fury or rage. Annoyances can be brushed off easily enough; it's the fury and rage that we don't always know how to handle. Whether you are the one always ready to boil over, or the one always taking the heat, anger can cause you problems. Considering a solution like anger management may be worthwhile—but is it the whole answer? Let's take an in-depth look at anger, uncover the underlying causes of it, and come up with actual solutions to the anger problem—solutions that really work! MNS-692

OUTLINE

1. What is anger?
2. The Good Use of Anger
3. What Goes Wrong

4. Old vs. New

5. Character

6. What To Do Now

Discussion questions:

1. What are my experiences with anger in others?
2. How does that affect how I use or don't use my anger?
3. Who do I need to apologize to and change how I use it?
4. Where will I process my feelings and who will hold me accountable to change?