

Channelling anger group outline

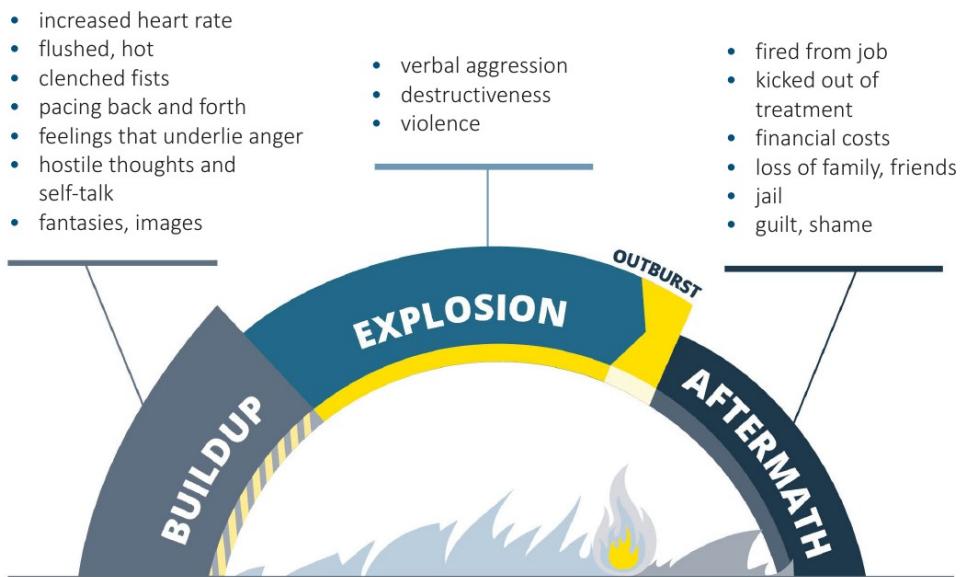
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| Introduction | Boundaries and safety chat. | 5 mins |
| | SOBER Breathing space | |
| | What is/isn't mindfulness? Why do it for addiction? Use ABC | |
| Suggested Practice | Walking | 15 mins |
| Inquiry | Inquire about today's practice; then include home practice too | 10 mins |
| <i>Halfway point – gauge energy in room and move/ground as required</i> | | |
| Exercise | <p><u>Channelling anger</u></p> <p>[Optional: Give out statements to discuss; ask <i>what do you think?</i>]</p> <p><i>What are your triggers?</i></p> <p>Elicit cues on flipchart – person/thought/heart/action</p> <p>Explain the buildup – explosion – aftermath graph on flipchart</p> <p><i>Say, mindfulness can help you to avoid doing something you might regret later.</i> Ask, <i>when is the best point in the cycle to break it?</i> Elicit the buildup phase. Explain that practising the SOBER breathing space each day when things are good helps you to spot your own cues when they come because you're more in touch with it – and therefore more in control. (Refer back to ABC).</p> <p>Then..</p> <p>Strategies to manage when they notice the buildup – first thing: SOBER breathing space! (do one now in group)..</p> <p>Then Respond more wisely, rather than React. Elicit ways from the group and put on the board, discussing each: time outs; talk to friend; exercise; thought stopping; explore primary feeling beneath; breathing slow; relaxation; acting opposite. Guide them through box breathing when you get to it.</p> <p>Give out handouts and discuss teaching points.</p> | 20 mins |
| Closing | Set intention for practice over coming days/week – inc home practice | 10 mins |
| | Go round and say one thing learned/struggled with today | |
| | Breathing space and thank you | |

Channelling Anger handout

The aggression cycle has three phases – after the trigger is the buildup, where you will notice all sorts of cues that tell you anger is building up. If you can spot these and prevent them from continuing, you can avoid the next stages..

The second stage is the explosion, where you act on your anger, whether physically, verbally, or otherwise. This is followed by the aftermath, where you regret the explosion and have to face the consequences.

The Aggression Cycle



from SAMHSA Anger Management Workbook

So, how to prevent the explosion?

The more aware you are of your mind and body, the more quickly you will be able to tune into your experience to spot the clues of the build-up phase. Noticing when you feel tense and irritable and are going over hostile thoughts can give you the chance to avoid it progressing.

So practising the SOBER Breathing space each day can help you to learn to more quickly tune in to how you are feeling. And at times of difficulty just doing a quick breathing space can help you pause and take a moment, to help you respond differently.

When you've spotted you're in the buildup phase some of the following may help:

- Taking time out, walking away and taking some time
- Talking to a friend or someone you trust
- Exercise – working off some of that adrenaline
- Thought stopping
- Exploring the primary feeling beneath
- Breathing slow/box breathing
- Progressive muscle relaxation
- or something else that works for you: _____

Channelling anger phrases for printing/cutting out and discussion

“Anger usually leads to aggression.”

“Some people are just angry people, and always will be.”

“It’s healthy to vent anger if you feel it.”

“You have to be aggressive to get what you want sometimes.”