

Anger Management



- ❧ ABCD Model
 - ❧ Discuss irrational beliefs
 - ❧ Underlying anger
 - ❧ “should” and “must”
- ❧ Thought Stopping Techniques
 - ❧ Stopping thoughts from continuing rather than disputing irrational beliefs
 - ❧ Trigger -> Thought -> Continued Thought -> Cravings
 - >Use