



# **anger management**

## **Family Conflict: Mindfully Creating Positivity**

### **Parent Workbook and Syllabus**

### **Delivery Type 2:**

### **Supplemental Stand Alone**

**This encompasses the formation of a new group of families that consists of individuals who have participated in a Thrive Initiative core, universal parenting program.**





## Summary of Training

Use this summary to keep track of your homework due dates and meeting dates, times, and location(s).

### Thrive Initiative Account and Course Registration

Due Date	
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### Intake and Introduction Meeting *(Meeting: 60 min/Homework)*

Date	
Time	
Homework	Complete the Module's Introduction and Sessions 1 and 2
Due Date	

### Supplemental Module Meeting 1: Discussion of the Module's Introduction and Sessions 1 and 2 *(Meeting: 60 minutes/Homework)*

Date	
Time	
Homework	Complete Sessions 3 and 4 and the Wrap-up
Due Date	

### Supplemental Module Meeting 2: Discussion of Sessions 3 and 4 and the Module's Wrap-up *(Meeting: 60 minutes/Homework: optional)*

Date	
Time	
Homework (optional)	Visit the Thrive Initiative's website for additional parenting resources: <a href="https://thrive.psu.edu">https://thrive.psu.edu</a>

## Supplemental Module Registration

Complete these steps prior to the Intake and Introduction meeting.

### Create a Thrive Initiative Account and Register for the Course

- Use this link to access the Thrive Initiative's website: <https://thrive.psu.edu/>.
- Navigate to and select "Modules."
- Select "Supplemental Modules" in the drop-down menu.
- Identify the module on Anger Management, and select the "Learn More" button.
- A new web page will open. Select the blue button that reads "Get this course."
- A pop-up box will ask you to login or sign up. If you do not have an existing account, select the "Sign up" button.
- In the pop-up box, enter your first name, last name, and an email address. Next, create a username and password. Select your military affiliation, and check that you are not a robot; then, click the blue "Create account" button.



*Tip: To help you remember your username, you may want to use your email address as your username.*

- You will now be able to login and access the Thrive parent-education programs. Click "Login" at the top of the web page. In the pop-up box, enter your username and your password; then, click on the blue "Login" button.
- After you login, you will be able to view the course catalog (upper right-hand corner) and select the supplemental module you would like to participate in.
- Select the blue "Go to Course" button to start the online supplemental module.

**If you have any difficulty registering for an account or accessing a Thrive Initiative parent-education program or supplemental module, we would be happy to assist you!**



The Thrive Initiative Team can be emailed at [thrive@psu.edu](mailto:thrive@psu.edu).



Phone inquiries can be directed to **1.877.382.9185**.

# Intake and Introduction Meeting



**Intake and Introduction Meeting**    *60 minutes*  
**Homework**

Date	
Time	
Link/Location	





## Step 1: Attend Meeting

- Review the supplemental module welcome materials provided by your facilitator.
- At the first meeting, your facilitator will provide an overview of the program and ensure you have access to the Thrive Initiative website and supplemental module.

## Step 2: Complete Homework [For Supplemental Module Meeting 1]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete the **Anger Management-Family Conflict: Mindfully Creating Positivity** supplemental module's Introduction.
- \_\_\_\_\_ Complete Session 1: An Introduction to Anger
- \_\_\_\_\_ Complete Session 2: Anger-Management Skills
- \_\_\_\_\_ Download and review the materials mentioned from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in the Introduction and Sessions 1 and 2 during the next meeting by answering the questions in Step 3: *Prepare Community-Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4

## Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, record your notes in the magenta boxes.

As you complete the questions and activities, recognize that understanding and implementing the information we are learning will not happen immediately. You will need to use the strategies and skills you have learned throughout **Anger Management-Family Conflict: Mindfully Creating Positivity** consistently and make them part of your everyday life in order to see desired changes in your child's or your reactions or behaviors. Keep practicing what you have learned!

Each time you meet with the other program participants as a group, share and celebrate the small, short-term, positive changes you see in your interactions with your child. Also, consider what the long-term benefits may be for your family as you continue to use the skills and strategies you have learned and are learning in the **Anger Management-Family Conflict: Mindfully Creating Positivity** module.



### Introduction to Anger and Family Conflict: Interaction and Discussion Questions

In the supplemental module's introduction, you learned about how anger and conflict are normal parts of life and received information on what resources might be available to help you navigate this journey. Even though anger and conflict are normal parts of life, the way in which we handle anger and conflict is what can cause serious problems in our lives. However, when we find ways to use, or control, our anger reactions in a healthy way, we may be able to make positive changes in our lives.

- A. Think about the reasons/situations that brought you here. What is your goal for yourself related to managing your anger and conflict?
- B. Think about that goal. What does success look like?

### *Reflection*



### *Group discussion notes:*





## Session 1: An Introduction to Anger Consequences of Anger Interaction and Discussion Questions

Session 1 examined what unhealthy or uncontrolled anger is and what it can look like. The module discussed several different consequences that can arise from experiencing uncontrolled anger.

- A. What consequences have you experienced, or are you presently experiencing, due to your reactions from feeling anger?

### *Reflection*



### *Group discussion notes:*



## Session 2: Anger-Management Skills

### Identifying your Triggers to Anger Interaction and Discussion Questions

Session 2 referred to anger as a “secondary emotion” or a reaction to a different, underlying emotions. It also used the stages of the Anger Cycle to show the cyclical nature of anger, which typically begins with a triggering event, to help us manage our feelings of anger.

A. What are some examples of anger triggers that you learned about?

B. What are some of your personal triggers (e.g. people, places, conversations, situations)?

#### Reflection



*Group discussion notes:*



## Session 2: Anger-Management Skills

### Anger Warning Signs Interaction and Discussion Questions

Session 2 discussed how the Anger Cycle can be broken. In order to do this, you must learn to identify when you are becoming angry before your emotions become too intense. In the module, Ophelia initially had negative thoughts after her friends made a joke about her appearance, then she felt ashamed, her cheeks began to flush, and she shut down.

- A. What were her [Ophelia's] anger warning signs?
- B. Think about yourself. Do you know your anger warning signs? What are some of the common experiences you have when you're angry? Do you have negative thoughts, emotional responses, or physical symptoms? Do you engage in certain behaviors?

### *Reflection*



### *Group discussion notes:*



### ? Challenging Negative Thoughts Part 1 Interaction and Discussion Questions

Next, Session 2 discussed how we can challenge our negative thinking patterns, which are called cognitive distortions.

- A. Do you tend to use any of the cognitive distortions discussed in the module?
- B. Which ones tend to pop up the most in your thought processes?

#### Reflection



*Group discussion notes:*



### ? Challenging Negative Thoughts Part 2 Interaction and Discussion Questions

When you experience challenging negative thoughts or cognitive distortion, you can use techniques to help you relax and manage stress.

- A. Try a breathing technique—Box Breathing, Belly Breathing, Bumblebee Breathing, Alternative Nostril Breathing—that was mentioned in the module. When can you imagine yourself using this technique?
- B. Try the guided imagery and visualization strategy or the Calm, Safe Place Visualization Technique. When can you imagine yourself using this technique?
- C. Try the Progressive Muscle Relaxation Technique? Did you like it? Why or why not?

#### *Reflection*

### *Group discussion notes:*



### Gratitude Interaction and Discussion Questions

The module mentioned that you could use a Gratitude Journal as a positive practice to help you alter your mindset.

- A. Does anyone currently use a Gratitude Journal, or does anyone use journal in general? How does it help you?
- B. Is anyone who doesn't already journal interested in starting a Gratitude Journal?

### *Reflection*



### *Group discussion notes:*



## Step 4: Prepare Additional Questions for Supplemental Module Meeting 1



Note any additional questions you may have for the group or the facilitator.

*Reflection*



*Group discussion notes:*





# Supplemental Module Meeting 1



**Discussion of Introduction and  
Sessions 1 and 2**

*60 minutes*

**Homework**

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

Return to Introduction Meeting, *Step 3: Prepare Community-Building Activities/Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after the Intake and Introduction Meeting.*

### Step 2: Complete Homework [For Supplemental Module Meeting 2]

Please complete the following activities in preparation for the next meeting:

- \_\_\_\_\_ Complete Session 3: Parental Self-Care
- \_\_\_\_\_ Complete Session 4: Wrap-up
- \_\_\_\_\_ Download and review materials mentioned from the Parent Toolkit resources in the supplemental module.
- \_\_\_\_\_ Prepare to discuss the topics addressed in Parts 2 and 3 and the Wrap-Up during the next meeting by answering the questions in *Step 3: Prepare Community- Building Activities/Discussion Questions*. If you have any questions you would like to ask during the discussion, note them in Step 4.

### Step 3: Prepare Community-Building Activities/Discussion Questions

Write your responses in the blue boxes on the next few pages as you prepare for the *next meeting*. During the *Supplemental Module Meeting 1* group discussion, record your notes in the magenta boxes.



### Session 3: Conflict-Resolution Skills

#### Healthy versus Unhealthy Conflict-Interaction and Discussion Questions

Session 3 taught us that everyone experiences conflict in their relationships; however, how we handle this conflict is important.

- A. The module mentioned different types of healthy and unhealthy conflict. What were some of the healthy conflict examples that were discussed?
- B. What were some of the unhealthy conflict examples that were discussed?

#### *Reflection*



#### *Group discussion notes:*



### Session 3: Conflict-Resolution Skills

#### Consequences of Unhealthy Conflict Interaction and Discussion Questions

When you experience unhealthy conflict or conflict too frequently, your reactions to the conflict can have negative consequences for you and your relationships.

- A. When you're in conflict with another person, what are some of the consequences you have experienced?

#### *Reflection*



*Group discussion notes:*



### Session 3: Conflict-Resolution Skills

#### How Cognitive Distortions can Lead to Conflict Interaction and Discussion Questions

The module identified some common cognitive distortions people experience in collaboration with feeling anger and instructed you to complete an activity.

- A. Did any of the cognitive distortions resonate with you as you thought about past conflicts in your life? Are there any you tend to use?
- B. Now that you know more about yourself and the cognitive distortion(s) you often use, would anyone like to share what their plan is for the next time they notice themselves using that distortion(s)?

o The next time I notice I am using the distortion of \_\_\_\_\_, I will

\_\_\_\_\_

#### Reflection



Group discussion notes:



### Session 3: Conflict-Resolution Skills

#### Taking an Anger Timeout Interaction and Discussion Questions

Taking an anger timeout can be a useful strategy as this moment allows you time to manage your anger and behaviors, so you can return to a conversation in a calmer manner.

- A. Have you ever had an argument and regretted something that you said in the heat of the moment?
- B. How might that interaction have gone differently if you had paused and taken a timeout?

#### *Reflection*



*Group discussion notes:*



### Session 3: Conflict-Resolution Skills

#### Parent Conflict-Resolution Strategies Conflict Interaction and Discussion Questions

Session 3 mentioned additional positive conflict-resolution strategies that we can use when we are engaged in conflict with one another.

- A. Consider these strategies. Are there any you currently use?
- B. Are there any you'd like to start using?
- C. Which ones might be the most challenging for you to use and why?

#### *Reflection*



*Group discussion notes:*





### **Wrap-Up: Module Discussion Summary Questions**

- A. Which topic discussed in the supplemental model was the most beneficial to you as a parent? Why?
- B. What strategies or skills did you learn in the supplemental module that will help you achieve the goals you have for yourself as a parent?
- C. Would anyone like to share a moment when you used an anger-management strategy that you learned in the supplemental module and how your actions compared to your actions prior to engaging in the supplemental module?
- D. What has changed in your interactions with your child since before completing the supplemental module?
- E. Have you noticed a difference in the way your child is responding to your parenting since you started participating in this module?

### *Reflection*



*Group discussion notes:*



### Step 4: Prepare Additional Questions for Supplemental Module Meeting 2



Note any additional questions you may have for the group or the facilitator.

*Reflection*



*Group discussion notes:*



# Supplemental Module Meeting 2



**Discussion of Introduction and  
Parts 3 and 4 and the Wrap-Up  
and Resource Sharing**      *60 minutes*

**Homework**      *(optional)*

Date	
Time	
Link/Location	





### Step 1: Attend Meeting

Return to *Supplemental Meeting 1, Step 3: Prepare Community-Building Activities/Discussion Questions* to discuss the activities and questions on the previous pages as a group. If new ideas are mentioned during the group meeting, note them in the magenta boxes under your prior homework responses.



*To engage in discussion, go back to the homework you completed after Meeting 1.*

### Step 2: Complete Homework [optional]

Consider registering for additional Thrive Initiative universal parenting programs or supplemental modules.

- Information about the Thrive Initiative universal parenting programs can be accessed at <https://thrive.psu.edu/>.
- Supplemental modules can be accessed at <https://thrive.psu.edu/modules/supplemental/>.

Visit the Thrive Initiative website at <https://thrive.psu.edu> to access additional resources and materials.

