

Anger management course

Part 2 Workbook



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Lesson 7 Relationships

What is the Effect of Anger on Relationships?

Reflection

Reflect on a past relationship* and write down elements of that relationship that you found distressing. What were the reasons for this relationship ending?

Now reflect on a different relationship that had healthy and affirming qualities about it. Write down some elements of that relationship that you found nurturing and loving.

Power and Control Wheel

What elements of the **Power & Control Wheel** are present in your relationship?

Equity Wheel

What elements of the **Equality Wheel** are present in your relationship?

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Attitudes in your current relationship

Circle which attitudes are present in current relationship, or which role you play in the relationship and reflect on where area of change are. What drains you emotionally and physically in the relationship?

In Unhealthy Relationships	In Healthy Relationships
You have no boundaries and care and focus on another person only, and neglect yourself, OR you only focus on yourself and neglect the other person.	You can set boundaries where you both love and take of yourselves and the other while in a relationship.
One of you feels pressure to meet the other person's standards, and is afraid to disagree.	You respect each other's individuality, embrace your differences, and allow each other to 'be yourselves'.
One of you has to justify what you do, where you go and people you see.	You both do things with friends, family and have activities independent from the other.
One of you makes all the decisions and controls everything without listening to the other's input.	You discuss things with each other, allow for differences of opinion and compromise equally.
One of you feels unheard and is unable to communicate what you want.	You express and listen to each other's feelings, needs and desires.
You lie to each other and find yourself making excuses for the other person.	You both trust and are honest with yourselves and with each other.
One of you has forced or coerced the other to have sex.	You both respect sexual boundaries and are able to say no to sex.
One of you yells, hits, shoves or throws things at the other in an argument.	You resolve conflicts in a rational, peaceful and mutually agreed upon way.
You feel trapped and stagnant. You are unable to escape the pressures of the relationship.	You both have room for positive growth, and you both learn more about each other as you develop and mature.

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Reflection

What are some specific actions you can take to improve your relationship?

How do you think your partner will respond to these changes?

What can you learn to do better during arguments?

Given an example of changing a blaming statement to an 'I' statement.

Focus on the positives in your relationship by listing List 5 qualities about your partner that you really appreciate.

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Lesson 8

Reflect on what others might say about your communication style.

Give an example where someone might have misinterpreted what you were saying?

What you are saying about yourself with the way you communicate?

Give an example of who else might be able to hear see you communicate? Write down how you think it might affect those who may witness your communication style.

Write down an example of a 'blaming' statement and then convert it to an 'I' statement.

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Lesson 9

Empathy

Write down those times you can think of where you have been in a situation with a friend, family member, or partner, where you have had completely different memories or responses towards the same event? How did you respond empathetically, dismissively or judgementally?

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Lesson 10

Goals

I am going to ...

The most important reasons I want to achieve this goal are...

Things that may stop me achieving this goal are...

Things that I can do to overcome these dangers are...

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The ways other people can help me are (name the person and how they can help) ...

Things I will start doing every, single day to help achieve this goal...

I will know when I have achieved this goal because my thoughts, behaviours and reactions have changed in the following ways:
