

Name: _____

Anger Management

1. AGRESISONG CCEYL Aggression cycle
2. ITGRSGER Triggers
3. IAINLROATR LEESIBF irrational beliefs
4. NTEENIS YRUF Intense Fury
5. AAMGNE GRANE Manage Anger
6. TOGCIVEIN USEC cognitive cues
7. SOTP ICOEVNEL Stop Violence
8. SENETNI AGER Intense Rage
9. TESNEV NDA SUCE Events and Cues
10. SFPFYAO AND NCQSECUEENOS Payoffs and Consequences
11. IUEMTOT timeout
12. GGSRANIOSE Aggression
13. NTLEAIAORX HOTGRUH BTNAIHGRE relaxation through breathing
14. TOO QRFUETELNY Too Frequently
15. LINTCCFO ILOROSTUEN DEMLO Conflict Resolution Model
16. PDEE GHTEBNAIR deep breathing
17. RED AGLSF red flags
18. HYTM NERAG IS EHRIDINET Myth Anger is Inherited
19. IYOSLTHTI Hostility
20. ENARG EERMT Anger meter
21. NEOISAGGSR IS RIBAOEVH aggression is behavior
22. OOT IYETLNESN Too Intensely
23. RSEDEPSXE RAIYITPOEPPRNAL expressed inappropriately
24. IDLM OTTRRIINA Mild Irritation
25. BNIEKRAG HET EGANR IHTAB Breaking the Anger Habit
26. CYSLIPAH CEUS physical cues
27. THOUGHT PPTIGSON thought stopping
28. RENAG NOORLCT ASLNP Anger Control Plans
29. LOVIAHRABE UECS behavioral cues

- 30. OOC TGLLRNI REGAN Controlling Anger
- 31. SAPVESI GESSGRVEIA Passive Aggressive
- 32. NAGRE SI AN OIONEMT anger is an emotion
- 33. OSTP AEHRTST FO OEIELVCN Stop Threats of Violence
- 34. NAIMTLOOE ESCU emotional cues
- 35. IEOACTLSNA EAPHS escalation phase
- 36. SOLIPXNEO PEHAS explosion phase
- 37. TNXSOLEOPSPIO EHPAS postexplosion phase
- 38. EINALH FLLUY inhale fully