

Anger Is Good!

Most people do not believe that anger is good. We think that because it is such a powerful and at times fearful emotion that it cannot possibly be good. However, nothing is further from the truth! Join our Anger Management Therapy Group today. You will soon become a believer in the positive and beneficial qualities of anger, and learn why and how we must embrace and not run from our anger.



Call today to begin using your anger in a positive manner.
586-264-3692



**CHANGE IS POSSIBLE
COUNSELING SERVICES, LLC**

**2122 Fifteen Mile Road, Suite B
Sterling Heights, MI 48310**

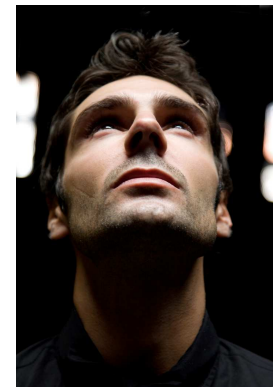
**Phone: 586-264-3692
www.changeispossible.biz**

**CHANGE IS POSSIBLE
COUNSELING SERVICES, LLC**

Anger Management Therapy Group



Your business
tag line here.



Change Is Possible Counseling Services, LLC

2122 Fifteen Mile Road, Suite B

Sterling Heights, MI 48310

586-264-3692

www.changeispossible.biz

Anger Management Therapy Group

Participation in this 12 session group will equip you with the following skills:

- ◆ Self-Monitoring— what it is, and why you need to do it
- ◆ Developing Your Anger Work-Out Suit— three things you want to know about anger
- ◆ Assessing Your Anger—when is your anger valid, needless, or justified?
- ◆ The Time-Out Technique—what you can do before anger traps you
- ◆ Listening to Your Body—How to hear your body talk before it begins to yell
- ◆ How to Out Think Anger—stopping four types of anger that make you angry, how to talk yourself sane
- ◆ Feeling Good and Angry—how feelings work-out anger, feeling through the anger affect...feeling up feels good

Work-Outs are the key to a successful Anger Management program

- ◆ How to Communicate Anger— without blaming, shaming, and other excuses...what to do when all else fails
- ◆ Remaining Calm and Cool—staying cool, calm, and collected when things get hot
- ◆ How Not to Be a Time Bomb—knowing what ticks you off, defusing anger reactions
- ◆ Expecting Anger—when you can expect anger, you can make it work for you
- ◆ Building Your A—Team—support systems, how to team up on anger
- ◆ How to Use Problem-Solving Techniques— using provocations to your benefit
- ◆ The Anger Library—how to combat anger in healthy ways
- ◆ Lovers and Others Anger—helping your lover Work-Out anger can improve the relationship

Participants of groups actually **ENJOY** their group experience!



I am using these skills daily.



Testimonies

I feel more relaxed and happy. People like being around me.



- ◆ Forgiving Anger—making past anger pass so we can feel better now
- ◆ Anger in the Family—working out anger in the family
- ◆ On the Job Anger—making it work for you
- ◆ Identifying Organizational Anger—learning how to identify and manage it
- ◆ Anger and the Sexes—turning the anger sex similarities into differences gets the ball rolling with anger
- ◆ Building Self-Confidence—making yourself the fairest of them all
- ◆ Becoming an Anger Athlete—how to integrate the Work—Outs into your daily life

**CHANGE IS POSSIBLE
COUNSELING SERVICES, LLC**

**2122 Fifteen Mile Road, Suite B
Sterling Heights, MI 48310**

**Phone: 586-264-3692
www.changeispossible.biz**