## Anger Management Course Content

You will be invited to explore:

* What causes you to be angry?
* How does anger affect your life?
* How can you use anger positively?
* Managing yourself in ways which are kinder to both yourself and others.

You will be invited to use an anger diary to record events, feelings and issues that arise between meetings.

We need you to commit to:

* Come to every session.
* Be responsible for your own feelings within the group.
* Respect that others may have a different point of view.
* Respect the confidentiality of others.