

CREATING A SELF-ASSESSMENT AND AFTERCARE PLAN

An important part of moving on after an anger class or your anger counseling involves assessing your progress throughout the course of your entire involvement in your program. This includes summarizing what you have learned and how you have seen yourself do in this process. It also means identifying specific and concrete ways that you plan to take care of yourself in order to continue what you have begun by choosing to attend and complete this anger management class or the counseling you have done. Your class facilitators or your therapist will also provide you with feedback about what they have seen you accomplish with recommendations for the future.

Keep in mind that completing this class or your counseling is simply a first step in a lifelong process of monitoring your attitudes and behaviors so that you can continue to effectively intervene in your potential for explosive and disrespectful anger and your desire to control others. Below are some questions to think about and address in assessing what you have learned and done in the class and in setting up an aftercare plan you intend to use to continue what you have been learning. Write out your answers to these questions on separate sheets of paper. This assignment gives you a sense of where you have been and where you see yourself going regarding looking at your anger issues

- 1) How frequently were you being emotionally and verbally abusive (on an average) with your partner, your children, and others:
...in the 12 months prior to starting this process
...since you began this program

- 2) How frequently were you being threatening, intimidating, or physically abusive (on an average) with your partner, your children, and others:
...in the 12 months prior to starting this process
...since you began this program

- 3) What were the initial goals you set for yourself and how well do you think you have accomplished them? What have you done to work on them?

- 4) What did you learn about anger, abuse, and control and how has this class and/or workbook been helpful and important in addressing these issues in your life? What has been most helpful to you?

- 5) In what ways are you different and how have you grown from when you first started this process?
- First, **rate each of the areas below on a scale of “1 to 10”** on how well you think you have done with each of them prior to starting this program and at the present time.
 - Second, be specific in discussing the issues below and any others you can think of where you have seen yourself change and think and write about what you have done to change and how you have changed:
 - How well are you identifying and sharing your feelings with your partner, your children, and others?
 - How willing have you been to take respectful time-outs?
 - In what ways have your self-confidence and self-esteem increased?
 - How willing have you been to work at listening actively to other people?
 - How willing have you been to take emotional risks with your partner and your children?
 - How willing have you been to connect emotionally with and seek support from others in your life?

- In what ways have you improved your ability to address and resolve conflicts that arise with your partner, your children, and others?

- How much and in what ways have you been willing to increase your empathy and compassion for your partner, your children, and others?

- How involved and active have you been in your anger management class or in your therapy process (e.g. doing the assigned homework, bringing up personal issues)?

6) How much responsibility have you taken for your explosive, punishing, abusive, and controlling attitudes and behaviors? How much are you continuing to blame your partner and others for your thoughts, feelings, and behaviors in the present?

- Give some specific examples.

7) How and with whom are you still being controlling, punishing, disrespectful, and/or explosive in your life?

- Be specific.

8) How do you plan to continue to use your *Escalation Prevention Plan* and *Time-Out Plan* after you have completed this process?

- Be specific.

9) What are your future goals and plans for working on your anger? Specifically, how will you implement them and continue to take care of yourself and others around you?

- i.e. what do you need and/or want to continue to work on and how are you going to do it?

10) How are you feeling about your class (or your therapy) ending for you?

11) How will you know if you need to come back in for more therapy or treatment?

- i.e. what warning signs do you need to watch for in yourself or in the people around you?