

SOME POSSIBLE TREATMENT GOALS FOR ANGER MANAGEMENT ISSUES

Below are some examples of specific treatment goals that clients have identified for themselves to give them a clear “roadmap” for what they want to change about themselves in their anger and abuse recovery programs.

- Eliminate my violence and threats of violence with my partner, my children, and others**
- Eliminate my violence toward property and pets**
- Decrease/eliminate my suicidal ideation**
- Identify and decrease the frequency of my negative/hopeless/despairing/judgmental/vindictive/hostile cognitions and increase my willingness to intervene in this negative self-talk and replace it with more positive self-talk**
- Decrease my reactivity, my impulsivity, my irritability, and my impatience with partner that leads to my disrespectful or abusive anger**
- Decrease the frequency, intensity, and duration of my disrespectful and abusive incidents with partner**
- Recognize my controlling attitudes and behavior with my partner and work to intervene in these when they occur**
- Recognize choice points in my personal escalation process and make more respectful and effective decisions when I am escalating**
- Increase my use of taking respectful time-outs when escalating to controlling or disrespectful behavior**
- Increase my knowledge about anger regulation/stress management/shame/controlling behavior/assertiveness/communication/ conflict resolution through bibliotherapy**
- Identify and address issues (e.g. shame, trauma) from childhood and adulthood (losses, “failures”) that are related to my anxious and depressed mood and my irritability and negativity**
- Understand the impact of my controlling/disrespectful attitudes and behaviors on my partner, my children, and other people**
- Increase my empathy and compassion for my partner, my children, and others**
- Develop and use an emotional support system and increase my social activities with others to decrease my potential for negativity, irritability, and escalation**
- Identify and express anger and my other emotions (e.g. fear, sadness, hurt) in more assertive and respectful manner**
- Develop and actively use a stress reduction program (e.g. deep breathing, meditation, and other forms of relaxation)**
- Set up a medication evaluation with my psychiatrist if this is necessary and might be helpful**
- Begin or continue to take psychotropic medication to help address my mental health needs related to my angry and abusive attitudes and behaviors (if this might be appropriate and helpful)**
- Monitor/decrease/stop my alcohol and/or my drug use if this is related in any way to my angry and abusive outbursts**
- Develop and participate in regular aerobic exercise program (3X/week; at least 30 minutes/time)**
- Increase my ability to concentrate and accomplish tasks at home and at work**
- Increase my hours of sleep to 7-8 hours per night**