**Anger Episode model**

Adapted from: Kassinove, H. &Tafrate, R.C. (2002). *Anger Management: The Complete Treatment Guidebook for Practitioners.* Impact Publishers: Atascadero, California.

**Exercise:** Think about a recent time you got angry. See if you can fill out the *Anger Episode Model* for yourself by adding details to the boxes above.

***Combat Stress****. Session 2*

**Outcomes**

The consequences of

anger and its expression

both short term and

long term.

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**Anger Expression**

The way you show your

anger in behaviour e.g.

shouting, swearing

OR holding it in, going quiet.

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**Anger Experience**

The subjective feeling of anger, including changes

In the body e.g. clenched fists, furrowed eyebrows

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**Triggers & Appraisals**

The thing that triggers your anger and the way you think about it e.g. “that was disrespectful”, they were not listening to me”

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**Pre anger state**

Things that predispose you to anger e.g. Feeling stressed, alcohol use, diet.

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