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# Chapter 1: Welcome

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This text can be as a self-help workbook or it can be used to conduct an 11 session course of anger management training. Information that is only relevant to people using the workbook in a group is presented in appendix 1.

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## Organization of the workbook

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Each section contains informative text, exercises, important points to remember about anger management, and techniques that you will need to practice.

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### Very Important Points (VIP's)

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There are some fundamental truths about anger. These principles are referred to as very important points, or VIP's, in this workbook. The course relies on acceptance of these points. If you disagree and don't feel that one of the VIP's is reasonable, it is very important to make note of this and discuss this with others whose opinion you respect.

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### Anger Management techniques

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Each chapter contains anger management techniques. These are ways of thinking that you can try in order to deal with problem anger. They require practice!

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### Making the questions work

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Questions are provided that will help you explore how you feel about various topics. Try to use specific examples from your own experience when answering. Resist the temptation to answer *yes* or *no*. The more personal you make your answers, the more you will benefit.

It is OK to *feel* deeply about some of these questions. If you feel strongly about something, this is usually a good sign – it means the material touches on a topic that is important to you. If you experience a negative reaction to the workbook, try to work out why you are feeling this way. Whatever you do, don't give up on completing the program.

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## Do you need anger management?

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Your answers to some of the questions in this chapter will help you to decide if you have an anger management problem. Other exercises focus on topics that will help you *change your mind* about being angry. After completing this workbook, you will know yourself better, will have better self-control and will have a better understanding of your emotions.