

NEW HOPE ON THE LAST FRONTIER

12 WEEK

ANGER MANAGEMENT

Including

COMMUNICATION - HUMAN RELATIONS - FORGIVENESS

Phone 274-4673 Email info@newhopeak.com

Week 1 - The Power Of The Subconscious

A beginning to understanding how the subconscious affects our decision making, how the subconscious is part of our deep structure, and how past events affect our present choices.

Week 2 - The Body's Reaction to Adrenalin, Control/Protection, Time Out Contract

Learn how to have a proactive response to any type of input. What is going on physiologically when we get angry? Explaining how men and women perceive anger and violence, and managing the adrenalin to prevent blow ups.

Week 3 – What is Abuse – Power And Control

Identifying the different areas of abuse, the cycle of violence, the myths, the facts, and the characteristics of an abusive lifestyle.

Week 4 - My Anger, Anger In The Family Tree

Identifying the learned behaviors that pass down through the generations. Where a person's belief system comes from, item by item.

Week 5 – Erickson's Life Stage Development

Developmental stages of fixation. From Despair to Trust, from Shame and Doubt to Integrity. Exploring the different stages of life where characteristics, beliefs and value systems are formed.

Week 6 - Life Commandments

Our life commandments or expectations are those "shoulds" that we tell ourselves. These are deeply planted in our subconscious and direct our decision making and choices.

Week 7 - Dealing With Our Emotions

Identifying why it is important for individuals to be aware of the way they respond to their own emotions. Various options for dealing with emotions and insight to the behaviors driven by the emotions are also covered.

Week 8 – The Difference Between Shame & Guilt

Guilt is what we feel when we believe we have *done* something wrong. Shame is what we feel when we believe we *are* something wrong. Learn the difference between the two in your personal life, and the positive resolution through forgiveness and acceptance.

Week 9 – Communication

Using the principals of Neuro Linguistic Programming, learn how to effectively communicate with anyone. Visual', 'audio', and 'kinesthetic describe the different ways that people communicate. Learn how to recognize the audio, visual, or kinesthetic channels in which others express their selves, as well as body language and eye movements, and be a much more effective communicator.

Week 10 – Fair Fighting

Identifying unacceptable fight techniques and replacing these abusive techniques with fair fighting practices. There doesn't have to be a winner and a loser. Ideally it will be a win/win situation.

Week 11 – Frustrations & Goals

The options of Actions and Acceptance. "Do not think of knocking out another person's brains because they differ in opinion from you. It would be as rational to knock yourself on the head because you differ from yourself ten years ago." *Horace Mann* Here you learn the art of taking your frustrations and turning them into goals for the future.

Week 12 - Forgiveness

A great deal of therapeutic effort goes into struggling with anger and resentment, because this "unfinished business" causes so much difficulty—both for the person who has it and for other family members, friends, and associates. All of us can think of people who spend much of their time preoccupied with old hurts and injuries, interfering with their ongoing relationships and preventing them from getting on with their lives. How often have you wished that there were a way to give up this preoccupation with the dead past and refocus on present and future living? This is exactly what transpires with forgiveness.