

COURSE OUTLINE

Anger Management | Emotional Regulation – 8 hours

Section 1 – What Is Anger?

- Topic 1: What Is Anger?
- Topic 1: Quiz – What Is Anger?
- Topic 2: Why Do We Get Angry?
- Topic 2: Quiz: Why Do We Get Angry?
- Topic 3: Healthy vs. Toxic Anger
- Topic 3: Quiz: Healthy vs. Toxic Anger
- Topic 4: Myths About Anger
- Topic 4: Quiz: Myths About Anger
- Topic 5: The Hulk – When Anger Takes Over
- Topic 6: Anger in the Body
- Topic 6 Quiz: Anger in the Body
- Topic 7: The Brain on Anger
- Topic 7: Quiz: The Brain on Anger
- Topic 8: Anger and Identity
- Topic 8 Quiz: Anger and Identity
- Topic 9: Silent Anger
- Topic 9: Quiz: Silent Anger
- Topic 10: Assertiveness vs. Aggression
- Topic 10 Quiz: Assertiveness vs. Aggression
- Topic 11: Why We're Here
- Topic 12: Practice Scenario – Mark's Boiling Point
- Topic 12: Quiz: Mark's Boiling Point
- Topic 13: Let's Discuss – Mark's Boiling Point
- Topic 14: News Story – Russell Crowe's Hotel Outburst test – mobile
- Self-Check – Know Your Patterns

Section 2 – Personal Triggers & Early Warning Signs

- Topic 1: Understanding Triggers
- Topic 2: Why Triggers Matter
- Topic 3: Categories of Common Triggers
- Topic 4: How Triggers Show Up – The Filter Effect
- Topic 5: How Triggers Show Up – Physical Cues
- Topic 6: How Triggers Show Up – Emotional Cues
- Topic 7: How Triggers Show Up – Thought Cues
- Topic 8: Practice Scenario – Parking Lot Confrontation
- Topic 8 Quiz: Practice Scenario – Parking Lot Confrontation
- Topic 9: Let's Discuss the Parking Lot Confrontation
- Topic 10: What's Really Fueling the Fire?
- Topic 11: Relational Triggers – Who Pushes Your Buttons
- Topic 12: Environmental Triggers – The Space Around You
- Topic 13: Internal Triggers – Mood, Sleep, and Stress

Topic 14: Key Takeaway – Know the Fuel Source
Topic 15: Practice Scenario – Waiting Again
Topic 15 Quiz: Waiting Again
Topic 16: Self-Check – Know Your Triggers
Topic 17: Real Story – Sharon Osbourne’s Outbursts and Ongoing Fame
Topic 18 – When Rage Becomes Ratings
Topic 19: Practice Scenario – Sunday Night Anxiety
Topic 19: Quiz: Practice Scenario – Sunday Night Anxiety
Topic 20: Let’s Discuss Sunday Night Anxiety
Topic 21: You Are Not Broken – You Are Patterned
Quiz: You are not Broken
Quiz: Reflection Topic 21
Topic 22: What to Take With You

Section 3 – Emotional Regulation Strategies

Topic 1: Your Brain Constructs Emotion
Topic 1 Quiz: Your Brain Constructs Emotion
Topic 2: Changing the Ingredients – How to Influence Your Emotions
Topic 2 Quiz: Changing the Ingredients – How to Influence Your Emotions
Topic 3: What Is Emotional Regulation?
Topic 4: The Brain on Anger
Topic 5: Regulation Myths
Topic 5: Quiz: Regulation Myths
Topic 6: Grounding and Re-Centering Techniques
Topic 6 Quiz: Grounding and Re-Centering Techniques
Topic 7: You’re Allowed to Slow Down
Topic 7 Quiz: You’re Allowed to Slow Down
Topic 8: Practice Scenario – Antonio’s Boiling Point
Topic 8 Quiz: Antonio’s Boiling Point
Topic 9: Real-World Story – “You Chose Me to Bring Hellfire”
Topic 10: Reflection Prompt – When the Pressure Builds
Topic 12: Real-World Story – McEnroe’s Ongoing Work
Topic 13: The Power of Positive Intent – Rewriting the Story in Your Head
Topic 13 Quiz: The Power of Positive Intent
Topic 14: Self-Check – What Works for You?
Topic 15: Section Summary – Key Takeaways

Section 4: Thought Patterns & Distortions

Topic 1: What Are Thought Distortions?
Topic 2: How Thought Distortions Shape Anger
Topic 2 Quiz: Thought Distortions
Topic 3: Discussion – Breaking Down Thought Distortions
Topic 4: Filtering Reality Through Emotion
Topic 5: Emotional Filters – Confirmation and Negativity Bias in Action
Topic 6: The “Story in Your Head” Trap
Topic 6 Quiz: The “Story in Your Head” Trap
Topic 7: Rewriting the Script – Thought Reframing Basics
Topic 8: Reframing in Real Time

Topic 8 Quiz: Reframing in Real Time
Topic 9: Practice Scenario – Late Night at the Restaurant
Topic 9 Quiz: Late Night at the Restaurant
Topic 10: The Hulk’s Thinking Traps
Topic 11: Real-World Story – “He Cut Me Off on Purpose”
Topic 12: Real-World Reflection – How Your Mind Adds Fuel
Topic 13: The Cost of Righteous Anger
Topic 14: Practice Scenario – The Missed Email
Topic 14 Quiz: The Missed Email
Topic 15: Real-World Story – Parking Lot Punch
Topic 16: Self-Check – Catching Your Thought Patterns
Topic 17: Section Summary – Reclaiming the Story

Section 5: Communication Tools

Topic 1: Anger and the Way We Speak
Topic 2: Assertive vs. Aggressive Communication
Topic 2 Quiz: Speaking With Strength and Respect
Topic 3: Discussion – Breaking Down Communication Styles
Topic 4: Tools for Clear and Respectful Expression
Topic 5: Tone, Body Language, and the Silent Message
Topic 6: Practice Scenario – The Customer Service Call
Topic 6 Quiz: Communication in Conflict
Topic 7: Practice Scenario – The Lobby Meltdown
Topic 8: Composite Real Events – The Drive-Thru Breakdown
Topic 9: Self-Check – How Do I Show Up When I’m Angry?
Topic 10: Section Summary – Communication That Builds, Not Breaks

Section 6: Real-Life Application

Topic 1: Anger in Everyday Life – Why It Catches Us Off Guard
Topic 1 Quiz: Spotting Real-Life Anger Triggers
Topic 2: Discussion – What Makes Some Moments So Hard?
Topic 3: Practice Scenario – The Group Chat Misfire
Topic 4: Real-World Story – “I Just Snapped” (Family Setting)
Topic 5: Real-World Reflection – What Made This Moment Snap?
Topic 6: Practice Scenario – At the Job Site
Topic 7: Practice Scenario – The Teenager’s Door Slam
Topic 8: Real-World Story – Thanksgiving Blowup (When Values Collide)
Topic 9: Real-World Reflection – When Values Collide
Topic 10: Practice Scenario – Public Shaming at the Gym
Topic 11: Toolbox Spotlight – Matching Tools to Triggers
Topic 12: Self-Check – What Environment Pushes My Buttons?
Topic 13: Section Summary – Carrying the Tools Into Real Life
Topic 14: Real-Life Case Study – The Cost of a Public Outburst: Will Smith’s Oscars

Slap

Topic 15: Real-Life Story – The Financial and Emotional Toll of Anger in Relationships
Topic 16: Self-Check – Bringing It Home

Section 7: Accountability & Repair

Topic 1: What Accountability Actually Means

Topic 2: Intent vs. Impact – Why Both Matter
Topic 2 Quiz: Accountability in Action
Topic 3: What Taking Responsibility Sounds Like
Topic 4: The Role of Consequences
Topic 4 Quiz: Practicing Personal Accountability
Topic 5: Guilt vs. Shame – What Helps, What Hurts
Topic 6: Apology vs. Repair – What's the Difference?
Topic 7: Breaking the Cycle of Defensiveness
Topic 8: When Others Refuse to Take Responsibility
Topic 9: Practice Scenario – The Family Text Thread
Topic 10: Practice Scenario – Tensions at the Town Hall
Topic 11: Practice Reflection – How Defensiveness Shapes Our Story
Topic 12: The Repair Process – What It Is and What It Isn't
Topic 13: Boundaries as a Form of Repair
Topic 14: Practice Scenario – The Family Text Chain
Topic 15: Real-World Story – When Grudges Steer the Wheel
Topic 16: Self-Check – Your Reactions in Everyday Conflict
Topic 17: Section Summary – Owning the Impact

Section 8: Moving Forward

Topic 1: Why Maintenance Matters
Topic 2: Recognizing Relapse Patterns
Topic 3: Reset Tools When You Slip
Topic 4: Small Wins, Big Shifts
Topic 5: Rehearsing Success – Mental Practice for Real Situations
Topic 6: Real-World Story – The Text Message Blowup
Topic 7: Reflection – What Story Are You Writing?
Topic 8: Real-World Story – The Domino Effect
Topic 10: Real-World Story – Fired Over a Facebook Post
Topic 11: Reflection Prompt – When You Assumed Too Much
Topic 12: The Role of Repair in Moving Forward
Topic 13: Practice Scenario – Making It Right with a Friend
Topic 14: Real-World Story – Angry Text, Lost Trust
Topic 15: Planning for Setbacks Without Shame
Topic 16: Section Summary – Staying the Course
Topic 17: Final Self-Check – Your Anger Plan
Course Post-Test: Anger Management Core Track