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GOALS AND OBJECTIVES

Upon successful completion of the course *Conflict Resolution for Recovery and Relapse Prevention*, you should be able to

- Be more thoughtful about reactions to conflict
- Demonstrate a strengthened impulse control when faced with conflict

Specifically, you will learn about:

- Conflict resolution and communication skills
- Healthy types of communication
- Stages of relationships and how they relate to conflict
- How to use and understand the conflict mode instrument
- Relate conflict styles of family of origin issues
- Effective styles of conflict resolution
- Tips to more effective and healthier communication
### CLASS GROUND RULES

1. Be on time

2. If you cannot come:
   a. Call
   b. Get your homework assignments
   c. Make up your session

3. Listen and do not interrupt

4. Show respect for your facilitator and classmates

5. Keep others’ personal information shared in class discussions confidential

6. Keep an open mind

7. Validate others’ opinions, even if you do not agree with them

8. Do your homework

9.

10.

11.

12.
LIMBIC SYSTEM
Absolute – Centered
Reptilian Brain

But!!
Could
You better
How??
No!

Shut Up!
Should
Always
Fight/Flight System

Don’t you ever
Won’t
Never do that again
Don’t
I believe
Consider
Stand still and back up the train
Have you thought/believed/felt

Often
I would like
Yes!
Thank you!

I wonder
Let’s discover
Is it possible
Could it be

THE CORTEX
Creative - Centered
ANGER SCALE

So, this is the time to gauge how your anger really affects your behavior. Please be brutally honest. Real honesty will get real results. Depending on which best mirrors your behavior, answer true or false to each statement.

1. Most often, I do not let others see my anger. When I do, I really show it and my behavior gets harsh.  
   True  False

2. When I think of the terrible things that other people have done to me, I still get really “pissed.”  
   True  False

3. When I have to wait for other people, whether in traffic, in lines, or otherwise, I get really impatient.  
   True  False

4. I get “pissed off” very quickly.  
   True  False

5. I can get really angry and bitter with people who are close to me.  
   True  False

6. At the end of the day, I go back over these things that really made me angry and it re-ignites my anger.  
   True  False

7. I try to make as sharp and cutting a response to the person who says something cutting or mean to me.  
   True  False

8. I choose not to forgive those who have hurt me.  
   True  False

9. I really hate to lose my cool and when I do I feel ashamed.  
   True  False

10. I do not tolerate foolish people and I try to avoid them.  
    True  False

11. When something really angers me, I feel it in my body with physical symptoms, such as quickened pulse, rapid heart rate, upset stomach, or headache.  
    True  False

12. I have been betrayed by people who were supposed to be close to me, making me push them away.  
    True  False

13. I get really angry when things do not go as I think they should.  
    True  False

14. I obsess on my anger or bad things that happen to me and the people who have done them.  
    True  False
15. I have spoken out so angrily in my frustration that I don’t remember exactly what I said or the tone I used. True False

16. I push down my angry feeling over and over until I blow like Mount St. Helens. True False

17. I really hate to argue or fight. True False

18. I have been reprimanded at work due to my anger. True False

19. I have heard from my family and/or friends that I should control my anger. True False

20. I have said things in anger that I regretted later. True False

21. I have lost a relationship due to my anger. True False

22. I have intimidated people due to my anger. True False

23. In my angry frustration or hurt, I have comforted myself by eating or using alcohol or other drugs. True False

24. I don’t get even, I get back more. True False

25. When I get really mad at someone, I just try to avoid them. True False

26. I have become physically violent—throwing things, pushing someone, or even hitting someone. True False

27. Sometimes, I get so angry I could kill. True False

28. I have felt like hurting myself. True False

29. I know I need help with my anger. True False

30. I feel better when I can get angry. True False

If you answered “True” to 15 or more statements, it is time to get some help for your anger.

If you answered “True” to 14 statements or fewer, you still have some things to learn about conflict resolution. Hang in there and learn what will help you.

If you answered “True” to statements 25–30, then you need to receive more intense counseling.
RESPONSE LOG—WEEK ___

Each week, be aware of the instinctual words and phrases you use. The goal is to change the words to deliberate ones. It is great to catch yourself in “mid-blame” and start over again, using deliberate words.

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<td><img src="head_icon.png" alt="Instinctual" /></td>
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In what ways do I build relationships?

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________

This is a change for me. In the past, I have

________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
________________________________________________________________________________________
Things or ways to remind myself to use deliberate words would be:

________________________________________________________________________

________________________________________________________________________

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