



# **Beyond Anger and Violence: A Program for Women Participant Workbook**

*Stephanie S. Covington*

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# Beyond Anger and Violence: A Program for Women Participant Workbook

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**The participant's essential guide to reflection and personal growth**

*Beyond Anger and Violence: A Program for Women Participant Workbook* is the participant's personal place for reflection, reactions, and learning, during and after management sessions. The activities inside reinforce program lessons about anger and violence, including how families, relationships, communities, and society affect one's life. In learning about the relationships between thoughts, feelings, and behaviors, participants can begin to grasp a better self-understanding that will help them manage anger in a healthier, more productive manner. They'll develop new skills for communication, conflict resolution, and decision-making, and will be introduced to a variety of calming techniques.

*Beyond Anger and Violence* is a 40-hour, evidence-based program designed for women who have difficulty managing anger. Based on a social-ecological model, the program addresses the factors that put people at risk for experiencing overwhelming feelings of anger, and perpetrating assaults or destruction of property. This curriculum acknowledges anger as a normal, appropriate, and human emotion, but also recognizes the destruction it can lead to if allowed to get out of control. This workbook will help guide participants through the program, reinforcing the discussions held in session. Topics include:

- The effects of trauma
- Relationships and communication, control, and conflict
- The importance of safety and the power of community
- Self-transformation, and creating change

The workbook also includes a Daily Anger Log, a Self-Reflection Tool, and list of yoga poses that can have a calming effect on both body and mind. Participants may already recognize the effects of anger on their lives, and that it may even be affecting their health. Through the *Beyond Anger and Violence* program, and the exercises in this workbook, they can join a group of women working to create a less-violent world.

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