

**The Anger & Aggression Workbook - Reproducible Self-
Assessments, Exercises & Educational Handouts By
Ester R.A. Leutenberg, John J. Liptak**

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Resources for teaching social skills in group and individual settings, from Research Press. Aggression Replacement Training: A Comprehensive Intervention for Dealing with Anger: A Violence Prevention Program for African American Youth . The activities include stories, songs, games, worksheets, role-plays, and

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Appendix b—client worksheets - treatment for stimulant use

Below are lists of people, places, events, objects, and activities. Check those items This appendix includes the following client worksheets: Anger: Identifying Your Warning Signs Recovery Self-Evaluation. Go to: .. are angry. Some people feel inadequate and insecure whereas others become aggressive and hostile.

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WORKBOOK. Page 2. 2. WHAT CAUSES. ANGER? The causes vary from person to person and from situation to situation. Low self-esteem your health-care provider about your anger and .. getting enough exercise, healthy food and sleep, enjoying what you do, Aggressive types want to force their viewpoint on you.

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