**Even the Hulk Got Therapy**

WSM

Fridays

[www.kimscounselingcorner.com](http://www.kimscounselingcorner.com)

May – July 2017

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| Date | Topic | Lesson |
| 5/5/2017 | What is making you angry | Group clients will discuss what is making them angry and how to cope with it. |
| 5/12/17 | Beat it out | Group clients will mention three things that make them angry and hit the pillow after each mention. |
| 5/19/17 | There are Better Ways | Group clients will have a pretend conversation with each peer in the group regarding a situation that makes them angry, and communicate it in a positive way |
| 5/26/17 | I’m not mad, I’m just drawn that way | Group clients will draw what angry looks like to them. |
| 6/2/17 | Anger meditation | Group clients will try meditation to help them cope with their anger |
| 6/9/17 | Angry Paper Toss | Group clients will share their anger by playing a game called Angry Paper Toss from www.kimscounselingcorner.com |
| 6/16/17 | Calm down box | Group clients will work on making a calm down box |
| 6/23/17 | Open discussion | Group clients will have an open discussion about their anger management |
| 6/30/17 | Anger and mental health | Group clients will discuss how their anger affects their recovery |
| 7/7/17 | Triggers | Group clients will discuss what triggers their anger |
| 7/14/17 | Pet Peeves | Group clients will discuss their pet peeves |
| 7/21/17 | How BIG is your anger? | Group clients will draw how big their anger is and discuss why.  http://kidlutions.blogspot.com/2012/05/how-big-is-your-childs-anger.html |
| 7/28/17 | Letting Go and Forgiveness | Group clients will use affirmation cards to discuss letting go. |