

# Doors

# Management

Effective

Long term

Anonymous

Low cost

# Problem

## SHARE!'s Anger Management Worked for Me

"I wasn't really thrilled to be told I had to go to "Anger Management."

But people are commenting about how I've changed. Before I would keep all my emotions and feelings inside. Later I'd blow up - hurting either others or myself. If someone said I'd continue going to these meetings *on my own*, I would have told him, 'Sure...when hell freezes over.' They really help. Thank God they are here." *Vietnam veteran*

"Before I went to the anger meetings, people told me I was one of the angriest people they knew. After two years of three meetings a week, no one ever tells me that anymore. I am really able to enjoy life now. The self-help meetings totally changed my life." *—Incest survivor*

"Participating in the anger meetings allowed me to trace the origins of my deepest and most destructive hurts and reactions. I came to a place—the anger meetings-- where finally my anger was accepted and understood and I was able to get it out without hurting others or myself. And my marriage survived." *—Former batterer*

### SHARE! the Self-Help And Recovery Exchange

6666 Green Valley Circle Culver City, CA 90230

(310) 305-8878 FAX: (310) 846-5278

425 S. Broadway, Los Angeles, CA 90013

(213) 213-0100 FAX: (213) 213-0108

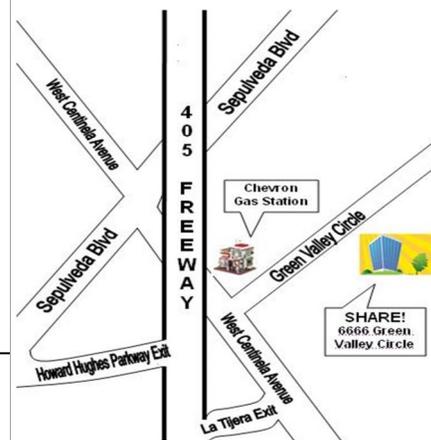
SHARE! the Self-Help And Recovery Exchange, a project of the Emotional Health Association, a California non-profit organization, is supported by the Los Angeles County Department of Mental Health

From 405 South Bound take the Howard Hughes Parkway exit. Turn right on Sepulveda. Turn right on Centinela. Turn left at the Chevron station on to Green Valley Circle.

From the 405 North Bound take the La Tijera exit. Turn right onto La Tijera. Turn left on Centinela. Turn right at the Chevron Station onto Green Valley Circle.

SHARE! Culver City is the 2nd building on the right with plenty of free parking.

6666 GREEN VALLEY CIRCLE is on the RIGHT.



# Open the

# Anger



# Solves the

# SHARE!'s Program

as Easy as 1-2-3

## Meeting Format

The leader for today reads from a written format welcoming everyone to the meeting and explaining how the meeting will be run. Part of the procedure is to do voluntary stretching exercises to limber up before sharing. Everyone in the meeting agrees to abide by the group's Guidelines. A basket is passed for donations. The meeting is opened up for sharing and one by one people go to the front of the room for five minutes and while on their knees, use tennis rackets and bats to hit pillows and/or yell, scream, talk or in other ways express anger. No one has to share. At the end of the meeting, a list of rights is passed and read. Then each person gives one sentence for closure.

## 1. Anger Release

*1 to 2 Meetings a week*

### Learn How to:

- \* Process original anger
- \* Identify triggers
- \* Control anger
- \* Not be afraid of my own or others' anger
- \* Express anger appropriately
- \* Express my feelings
- \* Set limits
- \* Overcome fear of and anger towards authority figures

## 2. Recovery, Int.

*1 Meeting a week*

### Learn How to:

- \* Be cool in any situation
- \* Give up the anger habit
- \* Talk myself down
- \* Manage my anger
- \* Identify the causes of my anger
- \* Feel angry without acting on it
- \* Express myself courteously, no matter how I feel

## Meeting Format

The group reads a selection from one of neuropsychiatrist Dr. Abraham A. Low's books that explains some of the "spots" or helpful slogans that make up the Recovery Method. The group then takes examples from members. Each example is fashioned in four parts: 1) What happened to cause you to work yourself up? 2) What were your physical and emotional symptoms? 3) What "spots" from the Recovery technique did you use? 4) How would this experience have been different if you had not used the Recovery Method? The group then participates in making additional "spots" to each example. Newcomers are asked to observe only during their first few meetings, until they have mastered a few spots. A basket is passed for donations. Then there is Mutual Aid where everyone can talk freely with one another.

## Tips for Newcomers

1. Sit near the back for your first few Anger Release meetings. They're really intense.
2. Participating brings quicker results. Try to share towards the end of your first Anger Release Meeting. Learn one or two spots in Recovery, Inc. and see how they apply to the example given, and then raise your hand to share it with the group.
3. Be patient. It usually takes six times going to one meeting before you can see how it is helping you.
4. Recovery, Inc. always starts on time. Come early. Anger Release sometimes starts a few minutes late.
5. Questions and comments are not welcome during the meeting. Make a point to talk to people after every meeting.

## 3. Other Self-Help Meetings

*Meetings as needed*

### Learn How to Address Issues that Contribute to my Anger:

- \* Communication Issues
- \* Relationship Problems
- \* Substance Abuse
- \* Self-Esteem
- \* Stress
- \* Depression
- \* Childhood Issues
- \* Family Problems
- \* Boundary Issues
- \* Illness Issues
- \* Money Problems
- \* Other Issues

### Cost

SHARE! suggests a donation of \$2 to \$5 per meeting but no one is turned away for lack of funds.

### Third Party Verification

of attendance at Anger Management or other meetings for probation, court, employers, therapists, etc. is available for \$50 a year.

## Registration

No need to register for meetings

## Information

Meetings, times, places,  
Third-party Verification  
Call

**1-310-305-8878**