### Anger Management PowerPoint Guide

**by Dennis Fitzpatrick**

**Class 4: Addiction & Violence**

<table>
<thead>
<tr>
<th>Slide</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td><strong>Music Before Class: Ravel’s “Pavane for a Dead Princess” (6:31) and Quotations</strong></td>
</tr>
</tbody>
</table>

I start the music 15 minutes before class. I have chosen music that will bring about calmness and a sense of beauty in my students. I want them to be receptive. I also want them to ponder the quotations shown.

I ask a different student to explain each quotation. By pondering meaningful quotations, I raise the emotional level of the students to a higher plane for the rest of the class.

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Welcome!

Class 4 Addiction & Violence

**Now Playing:** Maurice Ravel’s “Pavane for a Dead Princess” (6:31)

**Class:** Explain the meaning of each quotation:

"Addiction is not a mental illness caused by brain malfunctioning. It is a search for pleasure from relief from pain, engaged in by first disconnected then addicted people."  *William Glasser, M.D. from "For Parents and Teenagers-Dissolving the Barrier Between You and Your Teen" (pp. 118)*

"No person can see their own shadow!"  *Anonymous*

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*I recommend that at least these essential slides be taught.*

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15 Group Rules

I like to review the group rules whenever there is a new member in the group. This helps to reinforce the rules with the older members as well. I go around the room and ask different students to read and explain the rule, if necessary.

15 GROUP RULES

- Don't interrupt me – Raise your hand. I will call on you.
- Don't argue – OK to differ – not OK to argue.
- Don’t whine – Rephrase like a creator: “I can handle it...”
- Ask sincere questions – not argumentative ones.
- Language – No “F” or “S” or sexist or improper words.
- No cross talk – Don’t give advice to others-use “I” talk.
- Cells, iPads, Laptops – Turn off & put away-no texting.
- Office – No office visits re your account during class-after OK.
- Cannot be late – Regs require full attendance for credit.
- Free Downloads – Select "DV Slides" at www.DennisF.us
- Bathroom and water – One at a time, don't need to ask.
- Mate Class – can attend other gender class for only $5.
- Report to Judge – Good if attitude & participation good.
- Balance – more than 2 payments behind, make plan.
- Are you teachable? If not, transfer out-no auto pass!

— Why pay for class and get nothing out of it? —

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*I recommend that at least these essential slides be taught.*
3 Review

I review skills taught in the past and see who did the mental homework
Review ASIA3: Fair Fight Negotiation

I go over this slide again to reinforce its content from the last class. I also want to know if any of the students discussed Fair Fight Negotiation with their mates. Fair Fight Negotiation is the quickest way to romance from conflict.

*Appointment: “I have something important I would like to discuss with you. Is now a good time or is after dinner better?”*

*Supportive Statement: “I care about (improving) our relationship.”*

*Issue: “However, I feel frustrated when . . .”*

*Ask a general question: “What can we do about it?” (Give specific example, if asked.)*

*Three Options: “We could do . . . or we could do . . . or do you have a better idea?”*
3 Stages of all Addictions

I present my view of addictions consisting of 3 stages. I would like to help students who are in the first stage of addiction, Mood Altering, before it gets worse. The next stage is the loss of important relationships and the final stage is damage to health. This leads right into the next presentation of damage to the brain.

1 Mood Altering
   ▶ Avoid looking at my issues
2 Relationship Problems
   ▶ Family, Work, Legal, Financial
3 Health Issues
   ▶ Hangover, Partial Blackouts +
   ▶ Memory Loss, Motivation +
   ▶ Black Holes in the Brain

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*Before Video: Brain Scans*

A major advance in addiction is the use of brain scans to show the degree of addiction and damage to the brain. I ask the students to answer these questions after viewing the video.

—What is the major reason not to smoke cigarettes?
—Could a cigarette smoker be an impaired driver?
—Does an addicted person operate with all their marbles?
—Is the use of pot once a week harmful?
—Can a person recover from black holes in the brain?
*I recommend that at least these essential slides be taught.

*Video: Brain Scans (10 min.)

Dr. Amen on Drugs
(7 min)
*After Video: Brain Scans

After watching this video, some people give up their addiction because they can see the probable damage to their brains.
*Is There A Relationship between Alcohol and Violence?

It is important to establish the reasons for the theme of the class even though obvious. What is not so obvious is that up to 70% of arrests for violence involved alcoholic or substance use. Therefore this is an important class to help break through denial in order to lessen violence.

Is There A Relationship Between Alcohol and Violence?

WHAT IS IT?
- Could it loosen my tongue and inhibitions?
- Could I get violent after drinking?
- Could I be violent without drinking?
- What is the effect on me? Could it kill me?
- What is the effect on my partner? Divorce?
- What is the effect on our children?
10-22 *Alcohol-Drug Use Quiz

There are many stereotypes about addiction out there. This quiz is designed to present the facts about addiction.

% of DV cases involving alcohol or drugs? 70%
% of arrests in Clark County (Las Vegas, NV) for anything involving alcohol or drugs? 90%
% of alcoholics in the world? 10%
% of alcoholics who are daily drinkers? 5%
% of alcoholics on skid row? 1%
Are 95% of alcoholics and drug addicts, periodics who hold jobs? YES
23 *Breakdown of 10% Alcoholics

This slide presents a pie chart of the kinds of alcoholics described in the preceding questions.

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*Alcohol-Drug Use Quiz Continued*

There are many stereotypes about addiction out there. This quiz is designed to present the facts about addiction.

<table>
<thead>
<tr>
<th>Question</th>
<th>Answer</th>
</tr>
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<tbody>
<tr>
<td>% of DV cases involving alcohol or drugs?</td>
<td>70%</td>
</tr>
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</tr>
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<td>1%</td>
</tr>
<tr>
<td>Are 95% of alcoholics and drug addicts, periodics who hold jobs?</td>
<td>YES</td>
</tr>
<tr>
<td>% of alcoholics who recover?</td>
<td>5% 1/20</td>
</tr>
<tr>
<td>Binge drinking for a male is how many drinks in one sitting? A female?</td>
<td>5 Male</td>
</tr>
<tr>
<td>Does the alcoholic have a choice before the first drink? Before the Second Drink?</td>
<td>4 Female</td>
</tr>
<tr>
<td></td>
<td>1st-Maybe</td>
</tr>
<tr>
<td></td>
<td>2nd-No</td>
</tr>
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*Social Drinking Quiz

The differences between a social drinker and an alcoholic are discussed on this slide.

- How many social drinks for a male and female? *2 for a male; 1 for a female*
- Why doesn’t a social drinker drink more? *They get sleepy*
- How does the alcoholic react after one drink? *Let’s party! One is too many and a thousand is not enough!*
- Is the body of the alcoholic different than the body of a social drinker producing different reactions? *Yes. Among other genetic differences the alcoholic does not have enough of a genetic marker called Neuropeptide Y.*

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*Cycle of Recovery*

Some think that all they have to do is stop drinking and they will be OK. According to the 1998 SAMHSA study only 14% will ask for help and fewer yet will be able to stop addiction on their own. 12 Step Groups are much more effective. Even court mandated groups are more effective than not. Those who do the 12 Steps are amazed to find out the extraordinary recovery rates.

But recovery is not over yet. Then there is still the issue of controlling or enabling others without the use of a substance. There is the greater issue of now having to face life without any living skills. Just to stay abstinent a recovering person will need to know how to use their second thought, “I can hand this without taking the first drink or hit,” and they will need to learn how to handle conflict. Without these first two living skills, they are very likely to relapse.

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*Cycle of Recovery*

- **DENIAL:** “I got it” and especially “I need help” 14% (*SAMHSA Study 1998*)
- **STOP**
  - On own: 3 to 11.8% (*NIAAA 2002 min. 1 yr.*)
  - 12 Step Groups: 24% (2007) *Mandated 15%*
  - Do 12 Steps: 99% recovery rate
- **CODEPENDENCY:** Using others - Controller & Enabler use power & manipulation
- **7 LIVING SKILLS:** Second Thought - Conflict Resolution Skills – Overcoming Addiction - 5 Basic Needs- Forgiveness/Amends - Meditation - Service

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Quality Pictures

An understanding of how change takes place is essential in recovery. I must change my quality picture about alcohol or drugs as well as attend daily 12 Step Meetings. If I white knuckle it and stay abstinent on will power but still think I would rather be high, I will soon relapse. In the beginning it is best to change the “high” picture to negative pictures like jail, sickness and suffering that results from addiction. Later, after the physical withdrawal of 21 days or so, the positive pictures work well. Then the quality picture be, “I would rather stay feeling good than relapse.”
Joke: Marriage – no more kids

A light moment always makes the following serious moments more effective.

Lori, age 8, was asked “What do you think your Mom and Dad have in common?”
She answered, “They don’t want any more kids.”
*More on Alcoholism*

I explore the effect of black holes in the brain on “thought” addictions as well as “substance addictions.” Also, a revealing moment occurs when the students discover that the best that addiction can bring is brief pleasure in contrast to lasting happiness which only comes from good relationships.

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*More on Alcoholism*

- There are thought addictions as well as substance addictions. Name one, especially in Las Vegas? *Gambling, sex, worry, whining, stress, etc.*
- Could these create black holes in the brain? *Probably!*
- Is there a difference between pleasure and happiness? Explain. *Pleasure comes from things or activities; happiness comes from close relationships.*
- Does the alcoholic seek pleasure or happiness? *Pleasure! The alcoholic mood alters since they lack the skills to have good relationships.*

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Definitions of Alcoholism

Dr. Glasser’s definition is the best I have encountered: first a person becomes disconnected in their relationships, then addicted. Then I describe where it all begins: emotional abandonment by one or both parents. The child is not cathexed but is used by a parent in a futile effort to overcome the parent’s own emotional neediness. This is how addictiveness is passed on from generation to generation outside of genes but in learned emotional behavior. This is why wounded picks wounded; hurt picks hurt; sick picks sick in an effort to self-heal.

Addiction is the result of unmet needs. Wounded picks wounded. DF

Definitions of Alcoholism

- “Addiction is not a mental illness caused by brain malfunctioning. It is a search for pleasure for relief from pain, engaged in first by disconnected, then addicted people.”
  William Glasser, M.D. from “For Parents and Teenagers-Dissolving the Barrier between you and Your Teen” p 118 (2003).

- “I know it is harmful but I do it anyway!” DF

- What is the source of emotional neediness?
  It is usually emotional abandonment, a lack of unconditional love, by one or both parents.

- Will the addicted one choose a healthy mate?
  Probably not. A healthy person would not put up with the addicted one using them to meet their 5 basic needs. Mate ranks second.
*I recommend that at least these essential slides be taught.

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Using a song like this to break through denial is one of the most effective approaches I have ever taken. The students love the music which puts them in a good place to consider the issue of “denial” in the lyrics. I ask the students who admit to addiction in their past (I call them the “experts”) to describe the true meaning of each of the nine denial statements before revealing on the slide my interpretation of the meaning of each statement.

**9 Addiction Denials**

*“I’m Not Drunk (I’m Just Drinkin’)*

**Artist: Albert Collins**

**Denial 1:** “When the sun go down I get with my friends and I begin to clown.”  *Meaning?*

*Meaning:* I am not addicted because I don’t drink during the day, only when the sun goes down and I just do it to have fun.

**Denial 2:** “I don’t care what the people are thinkin’, I ain’t drunk, I’m just drinkin’.”  *Meaning?*

*Meaning:* Everybody else is wrong about my drinking!

**Denial 3:** “I just take a little bit every now and then.”  *Meaning?*

*Meaning:* I minimize the amount that I drink.

**Denial 4:** “Come home last night all a lush, Baby get in a fuss, I say, “Honey, hush.”  *Meaning?*

*Meaning:* I deny the observations of my mate.

**Denial 5:** “You done the right thing, I wanna thank you too. Now let’s have a little drink just me and you.”  *Meaning?*

*Meaning:* I will try to get you to drink with me so you get off my back.

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*Alcohol-Drug-Adult-Teen Addiction Test #1-20

This is a most effective quiz for breaking through denial. I designed it so that it works for adults and teenagers, alcoholics and drug addicts. 10 questions are presented this class and the other 10 questions are presented in the last class. The addiction theme this class is breaking through denial and recovery. The answers to these questions are too personal to reveal in group. Therefore I go around the room and ask each person to relate the next question as a mood altering, relationship or health question. This gets the student to think about the application of that question to their own life. Go to the Appendix if you want to do all 20 questions or if you want to print them out to give to the student to take home.

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<table>
<thead>
<tr>
<th>ALCOHOL-DRUG-ADULT-TEEN QUIZ #1-7</th>
</tr>
</thead>
<tbody>
<tr>
<td>Answer “Yes” or “No” silently to the following 20 questions And identify the mood altering, relationship or health questions.</td>
</tr>
</tbody>
</table>

___ 1. When you feel upset, very sad or very happy do you want to drink or use more? **Mood Altering**

___ 2. Have others told you that you drink or use too much? **Relationships**

___ 3. Have you ever had a partial blackout where you cannot remember part of the evening before? **Health**

___ 4. Have you ever tried to control your drinking or using and failed? **Mood Altering**

___ 5. Have you damaged or lost a relationship because of drinking or using? **Relationships**

___ 6. Have you had hangovers from drinking or memory and motivation problems from using? **Health**

___ 7. Do you want to continue drinking or using after others have said they have had enough? **Mood Altering**

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**ALCOHOL-DRUG-ADULT-TEEN QUIZ #8-14**

Definition of Addiction: I know it is harmful but I do it anyway!

_8. Do you feel ashamed when, due to alcohol or drugs, you see that you are making choices you said you would never do?_

**Relationship with self**

_9. Do you find it takes more alcohol or drugs to get high?_

**Health**

_10. Do you always tell yourself you have a reason for getting high?_

**Mood Altering**

_11. Do you find that the friends you choose while drinking or using are not trustworthy?_

**Relationships**

_12. Do you find that you eat junk food or small amounts of food when drinking or using?_

**Health**

_13. Have you thought that if you changed jobs, schools, cities or mates your drinking or using problems would end?_

**Mood Altering**

_14. Are you having financial, work or school problems because of drinking or using?_

**Relationships**

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**ALCOHOL-DRUG-ADULT-TEEN QUIZ #15-20**

Definition of Addiction: I know it is harmful but I do it anyway!

_15. Have you felt persecuted or very fearful while drinking or using?_

**Health**

_16. Have you found that you don’t want sex unless high?_

**Mood Altering**

_17. Do you avoid drinking or using around certain important people in your life?_

**Relationships**

_18. Is the highlight of your day or week when you can drink or use?_

**Mood Altering**

_19. Have you had problems with the law because of drinking or using?_

**Relationships**

_20. Have you thought about ending your life?_

**Health**

If you have answered “Yes” to three or more of these questions, you could have an addiction problem.

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Before Video: Celebrity Alcohol/Drug Recovery

This inspiring video is always voted the top one by the students. The questions I want them to answer after the video are:

— What addictions did he have?
  
  *He had them all: sugar, drugs, alcohol.*

— What turned him around?
  
  *The accidental death of his son.*

— What is the 11th tradition of AA?
  
  *The 11th tradition states that members practice “anonymity at the level of press, radio, TV and films.” The reason is that AA should not be blamed for any relapses of its members. This celebrity never states that he is a member of AA but I would not be surprised that he is an AA member.*
*I recommend that at least these essential slides be taught.

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After Video: Celebrity Alcohol/Drug Recovery

If the students do not know or remember the answers correctly, I give them the answers in red above.

Answer these questions after the video:

- What addictions did he have?
- What turned him around?
- What is the 11th tradition of AA?
Meditation Sounds: Rain

I teach a simple form of meditation at each class. I use a brief meditation of 1 minute focusing on how I could make myself happier. The student will automatically begin to listen to the student’s inner voice. The beginning of all change is when I listen to my conscience. Usually we do not take the time to do this. If there is time, some students will discuss their meditation.

I might begin the meditation by saying “I permit myself to be as happy as I can be in this present moment.” The purpose of the meditation is to practice how I can calm myself when upset or become even calmer. It is not a religious exercise.
46  *Discussion Questions*

Each class also has a list of discussion topics that are related to the theme of the class. Some use these questions for homework though I find a discussion with the group is more productive.

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*Discussion Questions*

1. Did alcohol or drugs play a part in the incident that caused your arrest?
2. Have you had previous arrests involving alcohol or drugs?
3. Have you chosen mates with alcohol or drug problems before?
4. What is the longest period you have been clean?
5. What did you do different to stay clean?
I recommend that at least these essential slides be taught.