

Log of 8 Hour Anger Management Classes

by Dennis Fitzpatrick

PPT Classes 1-8=295 slides; 16 Videos

| Anger Mgmt | Opening Music | Video1 | Video2 | Special | Quizzes | Jokes |
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| 1. Impulsive Thinking-The Second Thought PPT 30 Slides | Mozart Piano Concerto 22, 3rd Movement PPT Slide 1 | Lizard Brain Thinking 10:05 minutes PPT Slide 16 | John Nash 12:58 minutes PPT Slide 26 | Two Responses When Provoked PPT Slide 24 | 20 Living Skills Self-Evaluation Quiz PPT Slides 5-6 | It's Not My Fault PPT Slide 7 |
| 2. Handling Conflict PPT 31 slides | Strauss Blue Danube & Emperor's Waltz PPT Slide 1 | Timeout Signal 8 minutes PPT Slide 15 | Consent 3 minutes PPT Slide 24 | Interview on Faithfulness PPT Slide 28 | 20 Questions on the 2 nd Thought PPT Slide 5-8 | Mr. Right: First name is "Always" PT Slide 9 |
| 3. Fair Fight Negotiation PPT 29 slides | Mozart 3 Arias from Marriage of Figaro: 21, 24, 12 PPT Slide 1 | Timeout Song 2:58 minutes PPT Slide 10 | Stolen Childhood 14:14 minutes PPT Slide 25 | Anger Slide PPT Slide 23 | 10 Conflict Drill Questions PPT Slide 14-15 | Second Honeymoon was Viagra PPT Slide 17 |
| 4. Addiction & Violence PPT 44 slides | Ravel's Pavane PPT Slide 1 | Dr. Amen on Drugs 7 minutes PPT Slide 6 | Eric Clapton 13:37 minutes PPT Slide 40 | Definitions of Substance Abuse PPT Slide 32 | 1) 20 Alcohol Drug Adult Teen Quiz PPT Slide 34-36 | Both don't want more kids PPT Slide 30 |
| 5. Controllers & Enablers PPT 73 slides | Bach Cello Suite #1, 5 th Movement, Menuetto PPT Slide 1 | Dr. Gabor Maté, MD on "Saying No" 4:08 minutes PPT Slide 12 | Rick Reynolds Codependent Recovery 22 minutes PPT Slide 66 | Codependent & Healthy Songs PPTSlide68-70 | 25 Codependency Self-Evaluation Quiz PPT Slide 14-64 | On and On Anon PPT Slide 10 |
| 6. Self-Evaluation & Forgiveness PPT 34 slides | Debussy: Clouds PPT Slide 1 | Lead Management: SAS 13:19 PPT Slide 10 | The Amish 3 minutes PPT Slide 30 | Hector Black 3:35 minutes PPT Slide 26 | 20 SelfEvalQuiz Slides 14-17 20 Forgiveness Quiz Slide 23-24 | Experienced pain and bought jewelry. PPT Slide 12 |
| 7. Stress & Tolerance PPT 30 slides | Satie: Gymnopedie #1, #3, orchestrated by Debussy PPT Slide 1 | Stress 10 minutes PPT Slide 6 | Meditation and Grades 10 minutes PPT Slide 16 | Brain Types PPTSlide20-21 | 20 Stress Self-Evaluation Quiz PPT Slides 12-13 Brain Type Self-Evaluation Quiz PPT Slides 22-25 | The Three Kings Slide 14 Female/Male Brains PPTSlide 26-27 |
| 8. Conflict Practice Drills PPT 24 Slides | Marin Marais : Improvisation & La Réveuse PPT Slide 1 | Justified Resentments 15 minutes PPT Slide 15 | Can Money Buy Happiness? 3 minutes PPT Slide 20 | Love Definition PPT Slide 13 | Conflict Drill, Quiz 11-20 PPT Slides 9-10 (see class #2 for questions 1-10) 20 Violence Quiz PPT Slides 17-18 | Already have boyfriends. PPT Slide 11 |

