

Log of 8 Hour Anger Management Classes

by Dennis Fitzpatrick

PowerPoint Classes 1-8=302 slides; 16 Videos

Anger Mgmt	Opening Music	Video1	Video2	Special	Quizzes	Jokes	Closing Music
1. Impulsive Thinking-The Second Thought 33 Slides	Mozart Piano Concerto 22/3 Movt Slide 1	Lizard Brain Thinking 10:05 minutes Slide 17	Beautiful Mind 12:58 minutes Slide 30	Two Responses When Provoked Slide 25	20 Living Skills Self-Evaluation Quiz Slides 6-7	It's Not My Fault Slide 8	Bach's Air for the G string Slide 33
2. Handling Conflict 29 slides	Strauss Blue Danube Waltz+ Slide 1	Timeout Signal 8 minutes Slide 14	Consent 3 minutes Slide 23	3 Stages of Relationship and The 3 Floors Slides 25, 26	20 Questions on the 2 nd Thought Slide 20-21	Mr. Right: First name is "Always" Slide 8	Mozart Piano Concerto 21, 2 nd Movt Slide 29
3. Fair Fight Negotiation 30 slides	Mozart 3 Arias from Marriage of Figaro Slide 1	Timeout Song 2:58 minutes Slide 11	Stolen Childhood 14:14 minutes Slide 26	Anger Slide Slide 24	10 Conflict Drill Questions Slide 15-16	Second Honeymoon was Viagra Slide 18	Beautiful River Slide 30
4. Addiction & Violence 45 slides	Ravel's Pavane Slide 1	Drugs and the Brain 7 minutes Slide 7	Celebrity Recovery 13:37 min Slide 41	Definitions of Substance Abuse Slide 33	20 Alcohol Drug Adult Teen Quiz Slide 35-37	Both don't want more kids Slide 31	Vivaldi A Minor Slow Movt Slide 45
5. Controllers & Enablers 74 slides	Bach Cello Suite #1/5 Menuetto Slide 1	"Saying No" 4:08 minutes Slide 13	Celebrity Codependent Recovery 22 minutes Slide 67	Codependent & Healthy Songs Slides 69-71	Codependency Self-Evaluation Quiz Slide 15-65	On and On Anon Slide 11	Bach's Air for the G string Slide 74
6. Self – Evaluation & Forgiveness 35 slides	Debussy: Clouds Slide 1	Lead Management: SAS 13:19 Slide 11	The Amish 3 minutes Slide 31	Hector Black 3:35 minutes Slide 27	SelfEvalQuiz Slides 15-18 Forgiveness Quiz Slides 21-23	Experienced pain and bought jewelry. Slide 13	Faure: Pavane. Slide 35
7. Stress & Tolerance 31 slides	Satie: Gymnopédie #1, #3, orchestrated by Debussy Slide 1	Stress 10 minutes Slide 7	Meditation and Grades 10 minutes Slide 17	Brain Types Slides 21-22	Stress SEQuiz Slides 13-14 Brain Type SelfEvalQuiz Slides 23-26	The 3 Kings Slide 15 Female/Male Brains Slides 27-28	Beethoven Piano Concerto #5 Slow Mov't Slide 31
8. Conflict Practice Drills 25 Slides	Marin Marais : Improvisation & La Rêveuse Slide 1	Justified Resentments 15 minutes Slide 16	Can Money Buy Happiness? 3 minutes Slide 21	Love Definition Slide 14	Conflict Drill, Quiz 11-20 Slides 10-11 (see class #3) Violence SelfEvalQuiz Slides 18-19	Already have boyfriends. Slide 12	Mozart: A Little Night Music Slide 25