

WY9YW

SOCIAL WORK JODY - FIRST I'D LIKE TO THANK YOU FOR YOUR COMMENTS. I'VE NOW FINISHED THE CLASS AND IT WAS VERY INFORMATIVE. IT WAS A EIGHT WEEK COURSE AND MY POEM WAS TO CONSOLIDATE THOSE WEEKS INTO A SINGLE POEM.

EVEN THOUGH I'M A VERY PEACEFUL PERSON DUE TO THE NATURE OF MY INCARCERATION I HAD TO TAKE THAT CLASS TO BE RELEASED WHICH IS A WEEK AWAY. ALTHOUGH WE KNOW THAT EVERYONE GETS ANGRY. THAT CLASS HAVE GIVEN ME STRATEGIES THAT I'LL ALWAYS CARRY WITH ME.

I'M GLAD YOU RECOGNIZED WHERE YOUR ANGER AND ORIGINATED. THERE ARE MANY WHO NEVER RELATE THEIR PAST EXPERIENCES WITH THEIR PRESENT ACTIONS, WHAT A TRAGEDY.

THERE ARE BASIC TECHNIQUES TO MANAGE ANGER. THE A, B, C'S OF ANGER "CA" ANTECEDENT OR ACTION. WHAT LED UP TO IT.

## WYQYW (2)

"B" BEHAVIOR - WHAT DID YOU DO  
"C" CONSEQUENCE - WHAT HAPPENED

HERE ARE FOUR BASIC STEPS

1. DECIDE WHAT THE PROBLEM IS
2. WHAT DO YOU WANT TO HAPPEN AT THE END.
3. THINK OF TWO WAYS TO DEAL WITH THE PROBLEM!
4. CHOOSE THE BEST WAY AND DO IT.

WITH T.C. RAIS, THE A, B, C'S OF ANGER FOLLOWED BY THE FOUR STEPS IF IMPULMENTED YOU SHOULD BE ABLE TO REDUCE EVEN REVERSE YOUR ANGER ALONG WITH OTHERS. THE TRICK USING IT! JODY THANKS AGAIN FOR YOU COMMENTS.

1/10/12  
Jody