



**7 DAYS** to a *less* **ANGRY MOM**



**DAY 1:**

**UNDERSTANDING THE  
BIG PICTURE ABOUT ANGER**

## DAY 1 VIDEO NOTES

The goal isn't eliminate anger (because this is unrealistic), but instead to monitor and manage our anger in healthy ways.

Anger is as symptom of a \_\_\_\_\_

Anger's sliding scale:



Four Pronged Approach to Dealing with Anger:

Day 1 (today): Big picture look at anger

Day 2: Identifying \_\_\_\_\_

Day 3: Establishing \_\_\_\_\_

Day 4: Learning \_\_\_\_\_

Day 5: Creating \_\_\_\_\_

Day 6: Managing \_\_\_\_\_

## Thoughts to Consider:

What's your anger story?

How have you seen anger affect your relationships?

How does anger hijack your overall emotional state for a given day?

Name one or two big takeaways you plan to get out of this course.

What was your biggest takeaway from the video of Day 1?