

Certificate of Achievement

This is to appreciate

Ms / Mr _____

*for his / her sincere efforts in
successfully completing the program and
achieving the targets set.*

*We also appreciate family members and
teachers for their support and
encouragement.*

With best wishes from

CAP team

MY WORKBOOK...

NAME:

DATE:

1st VISIT

What makes me feel tense or angry?

How is this affecting me?

Can i give my problem/ tension a name?_____

H.W...

If there is a new problem, i am confident that i can solve it by....

What will i teach my friend, who gets angry?

3rd VISIT

How am i feeling about my anger now?

Do I preatice relaxation exercise everyday?

Last time I managed my anger by...

ANGER DIARY (H.W)

How do I monitor my anger?

My TENSION thermometer...

10

5

0



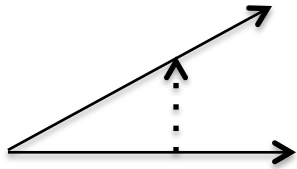
ANGER AWARENESS:

How does it start? Which symptom comes first?

e.g., increase in heart beat

How many minutes does it take to build up and turn

Into aggression?



How do I help myself to relax?

1. Leave the place
2. Drink some water
3. Count numbers backwards
4. Deep breathing exercise
- 5.

(4)

2nd VISIT

PROBLEM SOLVING:

What was my anger about?

How do I solve my problem?

- 1.
2. tell my teacher
3. report to my counsellor

Why aggression is putting me in more trouble?

(5)