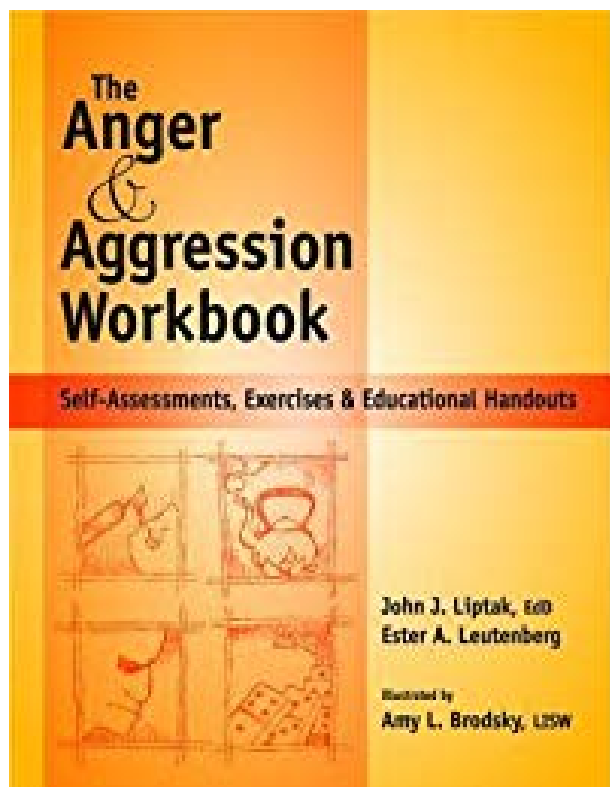


# Anger and Agression Workbook: Self-Assessments, Exercises and Educational Handouts



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[Anger and Agression Workbook: Self-Assessments, Exercises and Educational Handouts.pdf](#)

[Anger and Agression Workbook: Self-Assessments, Exercises and Educational Handouts.epub](#)

A practical tool for therapists, counselors, psychologists, teachers, and group leaders that helps participants learn how anger and aggression are impacting their lives, and how to make constructive changes, gain insight and learn strategies to handle their anger and aggression.

Each section of the book contains self-assessment instruments, activity handouts, reflection questions for journaling, and educational handouts. Depending on the role of the professional and the group's needs, each section of the book can be used individually or combined for a more comprehensive approach. The activities can also be self-administered.