



# Exploring Feelings: Anger: Cognitive Behaviour Therapy to Manage Anger

*Tony Attwood*

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Winner of a 2008 Teachers' Choice Award! Many children, especially those with developmental delays, have trouble understanding or expressing their feelings. The result can be difficulty with anger management.

Listing possible responses to situations - and the likely outcome of each one - allows the child to make informed decisions about which responses to choose (walking away vs. hitting). This book provides a guide for caregivers and then the workbook portion asks children to identify situations that trigger their anger and find appropriate ways to respond.

Helpful topics include:

- Overview of the Exploring Feelings Program
- Introduction to Cognitive Behaviour Therapy
- Modifications to Conventional Cognitive Behaviour Therapy
- Affective Education
- Cognitive Restructuring
- Comic Strip Conversations
- The Emotional Toolbox
- Additional Tools for the Toolbox
- Social Stories
- Research Evidence on the Effectiveness of Exploring Feelings

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