

Clinical Anger Management Course Recommended Schedule

Module 2: Building Emotional Regulations 6 Clock Hours (Six, 60-minute Sessions)

Session 1 (60 minutes)

Understanding Emotional Regulation

0–10 minutes

- Welcome
- Review Module 1
- Learning Objectives
- Emotional check-in

10–20 minutes

Ice Breaker

"Describe the last time you became emotionally overwhelmed." Small-group discussion.

20–35 minutes

What Are Emotions?

Discuss

- Purpose of emotions
- Emotions are information
- Emotions are not commands

Interactive discussion.

35–50 minutes

What Is Emotional Regulation?

Teach

- Definition
- Healthy regulation
- Emotional awareness
- Responding versus reacting

50–60 minutes

Reflection

"What emotion is most difficult for you to regulate?"

Homework

Track emotions during the week.

Session 2 (60 minutes)

Myths and the Brain

0–10 minutes

Review homework

10–25 minutes

Myths About Emotional Regulation

Small-group activity Each
group debunks one myth.

25–45 minutes

Brain Science Review

- Emotional brain
- Thinking brain
- Stress response
- Emotional overload Discussion

throughout.

45–55 minutes

"When my brain becomes overloaded..."

Students identify personal examples.

55–60 minutes

Review

Session 3 (60 minutes)

Window of Tolerance

0–10 minutes

Review

10–25 minutes

Teach

Window of Tolerance

Hyperarousal

Optimal Zone Hypoarousal

25–40 minutes

Group Activity

Identify situations that move participants outside their Window of Tolerance.

40–55 minutes

Strategies for returning to regulation

- Breathing
 - Grounding □ Movement
 - Taking a break
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55–60 minutes

Homework

Notice where you spend most of your day.

Session 4 (60 minutes)

Understanding Emotions

0–10 minutes

Review

10–25 minutes

Emotion Wheel

Discuss

Primary emotions

Secondary emotions Hidden emotions

25–45 minutes

Activity

Using the Emotion Wheel

Participants identify emotions beneath anger.

45–60 minutes

Discussion

"When anger is covering another feeling..."

Reflection activity.

Session 5 (60 minutes)

Recognizing Warning Signs

0–10 minutes

Review



10–25 minutes

Physical Warning Signs Interactive discussion

25–40 minutes

Cognitive Warning Signs
Automatic thoughts
Thinking traps
Negative self-talk

40–50 minutes

Behavioral Warning Signs
Patterns
Escalation Choices

50–60 minutes

Personal Warning Signs Worksheet

Session 6 (60 minutes)

Building an Emotional Regulation Plan
0–10 minutes
Review

10–20 minutes

Putting It All Together
Review

- Emotions
 - Window of Tolerance
 - Warning signs □ Brain science
-

20–40 minutes

Large Group Activity
Case studies
Participants identify:

- Emotion
- Warning signs
- Thoughts
- Best response

40–50 minutes

Develop a Personal Emotional Regulation Plan
Students identify:

- Triggers
- Early warning signs

- Coping skills
- Support people
- Healthy responses

50–55 minutes

Key Takeaways

Review every major concept.

55–60 minutes

Module Wrap-Up

Questions

Homework

Preview Module 3

Suggested Time Allocation

Topic	Minutes
Welcome & Reviews	60
Lecture	140
Demonstrations	40 Group
Discussions	55
Activities & Worksheets	45 Reflection
& Wrap-Up	20
Total Instruction	360 minutes (6 × 60-minute sessions)