

## **FIRED UP Modules 8/10/23**

### Introduction

1. Origins of Fired Up
2. Challenge of Anger Control: Underlying Factors
3. Understanding Anger
4. Positive and Negative Functions of Anger
5. Contributing Factors: Questions to Consider
6. Equipping Parents to Help Their Child
7. Goals of Anger Training
8. Why Anger Control Strategies Don't Always Work/Twenty Common Mistakes
9. Basic Principles
10. Seven Anger Triggers
11. Frustration
12. Interruptions
13. Request/Refusals
14. Expectations
15. Disappointments
16. Unfairness
17. Provocations
18. Building Anger-Awareness
19. Rewarding Anger Control
20. Hot Perspectives: Negative Thoughts that Fuel Anger
21. Responding to an Angry Child
22. Noncompliance
23. Calm Down Strategies - Anger Reduction Trilogy
24. Anger Resolution ; Making it Right with a "Five A" Process
25. Talking Less, But Saying More; Calm, Quick, Key Phrases
26. Responding to School Concerns
27. Anger Problems at School; Parent Considerations