



Anger Management Group

Rules essential to the growth and survival of the group.

1. Take full responsibility for yourself. This is your group, and you are responsible for getting what you want.
 2. Tell the Truth. To the best of your ability, let others know what is happening for you.
 3. Confidentiality.
 4. Homework.
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Agreements: These will make the group work better.

1. If you are going to be late or absent, call. This saves waiting and wondering. Review cancellation policy.
2. Don't leave the group permanently without saying "goodbye". An unannounced dropout is like a death in the family and can result in much confusion for other group members.
3. No drug use before group. Drug use (including alcohol, of course) can cause different states of consciousness in the group, often creating confusion and an unproductive, unsatisfying meeting.

GUIDELINES: FEEDBACK HANDOUT

Start Date:

Time: