

If you would like to come on the course, please ring us on **020 8763 2064** or write to us at **[counselling@mindincroydon.org.uk](mailto:counselling@mindincroydon.org.uk)**. We will send you an application form for you to return and we will want to see you individually for an hour to make sure we're suitable for each other. We'll also send you a couple of forms to fill in and bring with you for the individual session.

Mind in Croydon offer a variety of services including:

- One to one counselling
- Social networking
- Active Minds
- Employment Support
- Furniture Service
- Welfare Benefits
- Advocacy
- Information Line
- Training DVDs
- Training and talks



# ANGRY?



For more information, please contact:

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Anger Control Training with  
Mind in Croydon

Mind in Croydon is a registered charity  
No. 1073880

**[www.mindincroydon.org.uk](http://www.mindincroydon.org.uk)**

Some anger is natural and is a healthy response to being hurt. But for angry people, the anger can become rage and can lead to behaviours that affect other people.



Anger may lead to aggressive behaviour such as:

- **Attacking someone else physically**
- **Attacking someone else verbally**
- **Attacking someone else in a passive-aggressive manner**
- **Hitting objects or animals**
- **Displacing the anger on to someone else**
- **Aggressive withdrawal**

and if you recognise yourself in any of those, then you have a problem with anger.

If you are an angry person, then you probably always have been, as angry thoughts, behaviours and feelings are all learnt early in life. It may even have been useful at the time, but now hinders you rather than helps. But just because you have always been an angry person and still are doesn't have to mean that you always will be.

Mind in Croydon's Anger Control Training course will teach you:

- **What anger is**
- **The difference between anger and aggression**
- **How your anger comes out**
- **How you think about yourself as an angry person**
- **Why you want to stop being angry**
- **How your thoughts interact with being angry**
- **How your behaviours interact with being angry**
- **How you make yourself angry**
- **What are the roots of your anger**
- **What are the triggers and situations in which you become angry**
- **How to cool down once you've become angry**
- **How to stop being angry in the future**
- **How to be assertive to get your needs met**

Our Anger Control Training course is an eight week course, with each session being 1½ hours long. There is a maximum of eight people on each course and we run courses for men and women separately. It is held at our Pampisford Road premises (up two flights of stairs) on Friday afternoons. The next course for men starts in February 2011 and the next course for women starts in April 2011.

The course is a mixture of teaching and practical homework as you try to put into practice what you have learnt in the week, so that you start to gain control of your anger from the beginning. You need only reveal what you are comfortable with.

The course is open to nearly everyone. A history of violence does not of itself exclude you. We only ask that you come on the course because you want to, because you want to control your anger and not because someone else thinks you should.

