

Contents

Part 1: Introduction

About <i>Seeing Red</i>	3
Group Process	7
Keys to a Positive Group Process	11
Helpful Hints to Enhance Your <i>Seeing Red</i> Group Experience	13

Part 2: Sessions

Session 1: Welcome to <i>Seeing Red</i> !	17
Session 2: What Are My Anger Triggers?	27
Session 3: Self-regulation: Brain Over Body	35
Session 4: Masking Our Feelings	43
Session 5: Not All Consequences Have Bad Outcomes	51
Session 6: Bystanders	59
Session 7: How to Keep Your Personal Power	69
Session 8: Technology and Cyberbullying	79
Session 9: The Power of Forgiveness	91
Session 10: My Family's Anger	97
Session 11: What Do <i>I</i> Ever Get to Decide?	103
Session 12: <i>Seeing Red</i> Good-bye Celebration!	111
Supplemental <i>Seeing Red</i> Activities and Self-regulation Techniques	121
<i>Seeing Red's</i> Wood Block Statements	131
List of Resources	133
About the Author	135