

Anger Management

Multiple Choice

Identify the choice that best completes the statement or answers the question.

- Overview of Group Anger Management Treatment**
The purpose of the anger management group includes all of the following EXCEPT:
 - Stop violence or the threat of violence
 - Learn to release anger in appropriate ways such as by hitting pillows and screaming in a healthy way
 - Develop self-control over thoughts and actions
 - Receive support and feedback from others
- Completing brief homework assignments is an important part of anger management groups as a tool to improve group members' anger management skills and allow them to get the most from the group experience.
 - True
 - False
- Anger, aggression, and hostility are treatment terms but the difference between them is that anger is an emotion, hostility is a behavior, and aggression is an attitude that involves disliking others and evaluating them negatively.
 - True
 - False
- Which of the following is an accurate statement about the myths, payoffs, and consequences of anger?
 - Initial payoffs from expressions of anger are called "controlled" payoffs because long term consequences outweigh short term goals
 - It is commonly known that anger is something that builds and escalates to the point of an aggressive outburst
 - the expression of anger is a learned behavior, so more appropriate ways of expressing anger also can be learned
 - The expression of anger is a fixed and unalterable set of behaviors
- To break the anger habit, one must develop an awareness of the events, circumstances, and _____ of others that trigger the anger.
 - Actions
 - Opinions
 - Emotions
 - Behaviors
- Events and Cues: A Conceptual Framework for Understanding Anger**
Specific events that provoke anger touch on sensitive life areas and these "red flags" usually refer to long-standing issues that can easily lead to anger.
 - True
 - False
- An important aspect of anger monitoring is to identify the cues that occur in response to the anger-provoking event. Which of the following is NOT one of these cue categories:
 - Cognitive
 - Physical