



Keys to Defusing Anger and Hostility in Marriage: Real Skills for Positive Change (Paperback)

By Lynette J Hoy Lcpc

Counselcare Connection, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.Keys to Managing Anger and Hostility in Marriage is geared for Couples who want to enhance their individual and relationship anger and conflict management skills. Couples will gain a new perspective on anger and how to gain control over unhealthy anger, better managing responses to provoking situations in their relationships. This combination book/workbook provides keys for managing anger and changing your relationship. Couples will learn to: reduce levels of anger direct anger into healthy ways of relating and problem-solving learn effective coping behaviors such as time-outs, prayer to stop escalation address issues with assertiveness and requests identify triggering situations establish a strategy and plan of action learn to forgive apply skills to more effectively control unhealthy anger responses and manage conflict develop emotional intelligence skills to build an intimate relationship assertiveness scenarios, What If questions for application. The lessons include: Anger s Many Faces, The Power of Anger - identifying triggers, What IS Good About Anger?, Defusing Anger by Managing Stress, Handling Anger Effectively, Anger and Assertiveness, Managing Conflict, Turn Your Anger into Forgiveness, Couples Time-Out, Plan to Change Your Life by...



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