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Northern Frontiers Services Anger Management Action Plan 2022 Brochure



It may not surprise you to hear that Anger has a bad rap!

But are you surprised to learn that Anger is a completely normal healthy human emotion that we all experience from time to time. It's quite powerful - and it has a purpose. If you find yourself 'losing it' when you become angry it doesn't necessarily mean you have an anger management problem. If it's happening regularly there could be an underlying issue that needs to be explored.

One of the functions of Anger is to alert us to situations that are not quite right for us and need our attention. Everyday life issues can trigger our Anger. The car not starting; kids not doing as they're told; arguing with a loved one; job-hunting, inconsiderate drivers or being hit with an overpayment – any of these events may leave us feeling angry.

The human body is not designed to tolerate Anger indefinitely. Letting anger-related issues go unresolved can lead to serious problems.

***Problems arise when we don't manage ourselves well under the influence of Anger.
The way we choose to act can either help or harm us.***

When to Seek Help

If you or a loved one is experiencing any of the following, now is the time to seek help:

- A pattern of angry outbursts or erratic behaviour
- Struggling to remain calm in discussions or negotiations
- Obsessing about things: "I should be doing better." "You should be doing more..."
- Repeatedly blaming others when it is not their fault
- Using absolutes: "Everyone hates me." "You never listen to me."
- Frequent substance abuse
- Becoming violent under the influence of alcohol
- Difficulty expressing emotions in a calm manner
- Ignoring requests to speak about Anger
- Withdrawing from loved ones

CALL:	1300 90 81 70
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WEB:	www.northernfrontiers.com.au



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Because everyone's life experiences and reasons for becoming angry may differ, Northern Frontiers offers an individualised Anger Management Action Plan.

The programme consists of 8 (eight) weekly sessions with an experienced counsellor. Your needs will be carefully assessed and evaluated for the purpose of developing an Action Plan that may also involve referral to other specialist services.

Overview of Sessions 8 Week Anger Management Action Plan

Session	Topics	Duration	Cost*
1	Needs Assessment and Evaluation (exploration of the cause/s of your Anger)	50 mins	\$125
2	Education around the nature of Anger	50 mins	\$125
3	A List of Problems (identified by you with your counsellor)	50 mins	\$125
4	Your Goals and Objectives	50 mins	\$125
5	An Actions List (things you must do)	50 mins	\$125
6	A Record of Progress (recorded by your counsellor)	50 mins	\$125
7	Regular Review of your Action Plan (by your counsellor)	50 mins	\$125
8	A Maintenance Plan (developed by you and your counsellor)	50 mins	\$125

* A 15% discount applies when paying for all 8 sessions prior to commencement of the programme. Total programme cost then becomes \$850 instead of \$1000. Participants have 3 months to complete programme.

Action
Changes
Things



How to enrol

To enrol in our Anger Management Action Plan simply contact us, details below:

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