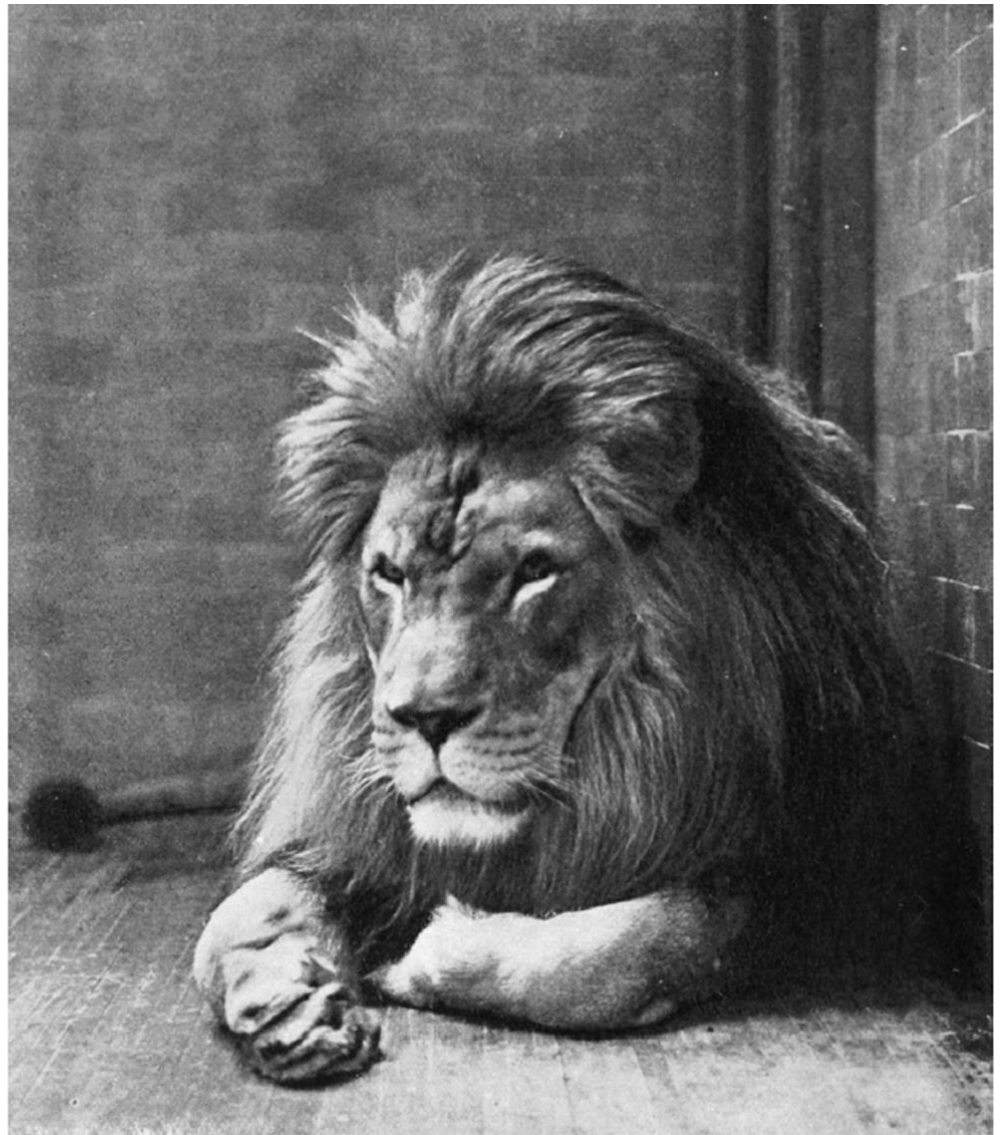


Taming
the **LION**
Within

5 Steps from
Anger to
Peace

Dr. Ronda Chervin



Facilitator Guide

Dear Facilitator of Taming the Lion Within: 5 Steps from Anger to Peace,

As the author of the book upon which this program is based, I am delighted to greet the parish leaders or teachers who will carry my concepts a step further. May many angry Catholics be helped!

Denial used to be called self-deceit. The way I see denial in the case of anger is that the attitude of many angry people is that we often, consciously or unconsciously think: "It's not my problem. I am only angry because other people are obnoxious!"

One would think that one out of five people would be in anger management programs. As you will read in my book, even people like myself who went to confession for years for angry fits and tantrums, yet minimize the problem.

When giving workshops in parishes based on Taming the Lion Within very often there would be participants dragged to the program by relatives hoping for relief from victimization! But, then, to my amusement, I would find that the one who brought a spouse, say, into the workshop for hot anger, was him/herself a person with cold anger just as toxic. For example, chronic irritability in thought, even when not expressed in words, in a low key way can keep devout Catholics from becoming holy!

Please feel free to e-mail me at chervinronda@gmail.com with any questions you have as you lead your group. I would also be happy to hear of your good results.

Ronda Chervin

Dr. Ronda

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Introduction

Taming the Lion Within: 5 Steps from Anger to Peace is a six-week program, based on the book of the same title by Dr. Ronda Chervin. This program is divided into weekly sessions. The amount of time per session will vary based on the number of participants.

Program Set-up

As a general rule, each session should take at least 1 ½ hours and should not exceed 2 hours. If feasible, place chairs in a circle. Have a flip chart or whiteboard available to write on. If you plan to use the included slide deck, make sure you have equipment available to project it.

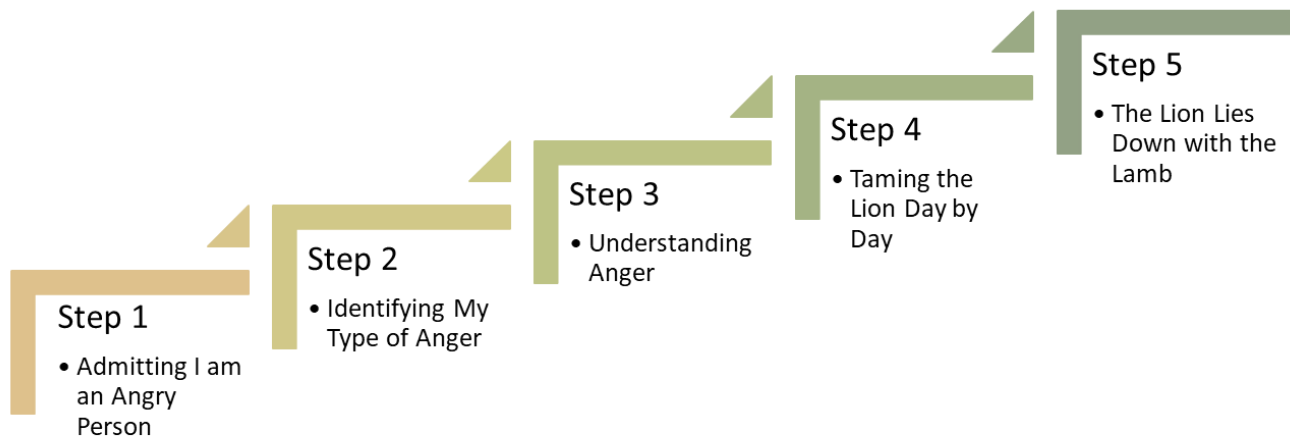
Have a supply of paper and pens to use for exercises.

Program Objectives

Participants who complete Taming the Lion Within will be able to:

- ☑ Describe the 5 Steps from Anger to Peace
- ☑ Identify manifestations of anger and describe how these apply to their own anger experiences
- ☑ (TBD)

5 Steps Process:



The following are overview-level descriptions of each step:

- ☑ Step 1: In order to begin the process, each participant must admit that they have inappropriate anger and give thought to how others in their lives are affected by their anger.
- ☑ Step 2: There are different manifestations of anger, but an important distinction is whether or not the anger is hot: irritable, yell sometimes, sarcastic, hit people; or cold: (silent often when angry, withdraw from others, hold grudges). This step includes an assessment to help participants identify what type of angry person they are.
- ☑ Step 3: Now that participants have admitted they are angry and identified how that anger manifests, they can begin to understand their anger and learn more about what triggers it.

- ☑ Step 4: This step provides tools, tips and exercises to help participants change negative thought patterns and employ behaviors that will help them to manage anger more effectively.
- ☑ Step 5: Finally, participants are ready to reach to God for spiritual help and outward to the Catholic community and other resources to continue receiving help and support.

Program Outline

1. Welcome Session
 - 1.1. Introduction
 - 1.1.1. Guidelines
 - 1.1.2. Icebreaker
 - 1.1.3. Opening Prayer
 - 1.2. Program Summary
 - 1.2.1. The Five Step Process
 - 1.2.2. Recovery International
 - 1.3. Exercise and Close
 - 1.3.1. Manifestations of Anger (Small Group Exercise)
 - 1.3.2. Manifestations of Anger (Skits and Large Group Feedback)
 - 1.3.3. Assignment
 - 1.3.4. Closing Prayer
2. Step 1: Admitting I Am An Angry Person
 - 2.1. Welcome
 - 2.1.1. Opening Prayer
 - 2.1.2. Exercise Debrief
 - 2.1.3. Anger is Fear-based
 - 2.1.4. Individual Exercise
 - 2.1.5. Step 1 Overview
 - 2.2. The Many Faces of Anger
 - 2.2.1. Clues and Cues
 - 2.2.2. The Phenomenon of Denial
 - 2.3. Anger Skits
 - 2.3.1. Father and Son
 - 2.3.2. Manager and Employee
 - 2.3.3. Siblings
 - 2.3.4. Husband and Wife
 - 2.4. Session Close
 - 2.4.1. Reflections
 - 2.4.2. Assignment
 - 2.4.3. Closing Prayer
3. Step 2: Identifying My Type Of Anger - Hot or Cold:
4. Step 3: Understanding My Anger

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5. Step 4: Taming the Lion Day by Day
6. Step 5: The Lion Lies Down with the Lamb
7. Continuing the Journey
 - 7.1. Summary
 - 7.2. Where to Learn More
 - 7.3. Closing Prayer

Program Materials

The program materials include:







- ☑ This Facilitation Guide, which provides:
 - Facilitation notes
 - Key points and questions
 - Directions for participants exercises
 - Forms and Handouts
- ☑ A set of Powerpoint slides. If you wish, you can use these to present the material, or you can print them out as additional handouts for participants.
- ☑ Copies of the book Taming the Lion Within: 5 Steps from Anger to Peace.
 - You should have one copy for each participant.
 - Within the book itself are pages that include individual exercises. These will be used during the program, so the book acts as a detailed Participant Guide.
- ☑ A CD that has a set of video clips with messages from Dr. Ronda, the author of the book to play at key points during the program. Using these is optional if your facility doesn't have the ability to play them.







General Facilitation Tips for this Program

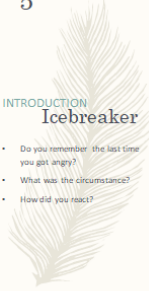



- ☑ This program is mostly about anger exhibited in yelling or resentful distancing. A person in whom anger erupts in harmful, violent acts against others or who has fantasies about suicide (often caused by suppressed rage turned inward) needs to seek immediate personal help of a professional nature.
- ☑ Be aware that confronting one's own anger can lead to emotional distress. If this occurs during a session, we recommend stopping and gathering the group in prayer and support. In extreme cases, you may want to recommend that the participant seek external help.
- ☑ This program encourages group participation and interaction. To help with that, the Guide recommends conversational points and suggested facilitative reactions. In your work with your own groups, you may feel free to substitute these points with your own ideas.



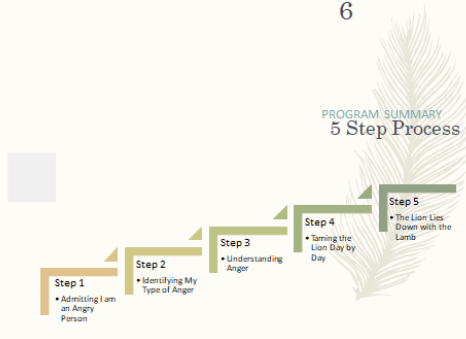

The next section of this Guide provides step by step facilitation guidelines for each session.

Welcome Session Facilitation Guidelines







Title	Action	Facilitation Notes
<u>Introduction</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Distribute Taming the Lion Within books <input checked="" type="checkbox"/> Have paper and pens available <input checked="" type="checkbox"/> Set up flip chart and AV if displaying slides or video clips <input checked="" type="checkbox"/> Open PP slide deck: Welcome
<u>Welcome</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Present Welcome Slide
		<p>Display Welcome PP slide (#2)</p> <p>Key Points:</p> <ol style="list-style-type: none"> 1. Welcome participants to the Workshop 2. Introduce yourself 3. Describe your own experiences with anger
<u>Video Clip</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Optionally, play the Dr. Ronda Welcome video
<u>Transition:</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Before we begin with an opening prayer, I'd like to cover a few Guidelines points with you...
<u>Guidelines</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Present Guidelines Slide

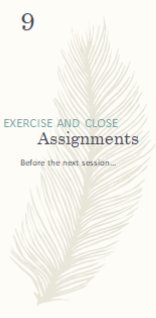


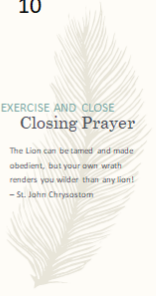
Title	Action	Facilitation Notes
<ul style="list-style-type: none"> • Location of facilities • Refreshments • Attendance • Expectations: <ul style="list-style-type: none"> - Participate honestly - No evaluations or judgment of other participants - Be supportive • Questions? 	<p style="text-align: center;">3</p> 	<p>Display Guidelines PP slide (#3)</p> <p>Key Points:</p> <ol style="list-style-type: none"> 1. Ensure participants know where the facilities are 2. Offer refreshments 3. Discuss attendance. It is important to attend all sessions, but if there is a conflict, participants can read the relevant chapters and follow up with you directly to learn about what happened in the session. 4. Describe expectations: <ol style="list-style-type: none"> a. Participants should be honest in order to get the most from the program. <ol style="list-style-type: none"> i. They need not be overly personal and they can choose not to divulge names of others. b. They should be respectful of others and refrain from making value judgments and critiques. c. At all times, participants should be supportive of one another and offer prayers and assistance as we work through this journey together. 5. Ask if participants have any questions, and answer them.
<p>Transition:</p>		<p><input checked="" type="checkbox"/> Now, let's pray together for God's grace as we begin this difficult journey toward greater peace...</p>
<p>Opening Prayer</p>		<p><input checked="" type="checkbox"/> Present Opening Prayer Slide</p>
<ul style="list-style-type: none"> • Opening Prayer 	<p style="text-align: center;">4</p> 	<p>Display Opening Prayer slide (#4)</p> <p>Key Points:</p> <ol style="list-style-type: none"> 1. Read Dr. Ronda's prayer 2. Present your own prayer and pray as a group 3. Optionally, go around the circle and ask each participant to say a short prayer. (Note: This is appropriate for smaller groups. With larger, you can divide participants into sub-groups of 4 to pray together.)
<p>Transition:</p>		<p><input checked="" type="checkbox"/> And now, let's have a little fun!</p>
<p>Icebreaker</p>		<p><input checked="" type="checkbox"/> Present Ice Breaker slide</p> <p><input checked="" type="checkbox"/> Distribute paper and pens to participants</p> <p><input checked="" type="checkbox"/> Provide exercise directions</p>

Title	Action	Facilitation Notes
		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Facilitate and debrief the exercise
<ul style="list-style-type: none"> • Please write your answer to these questions on the paper provided, but do not write your name. – It is up to you how personal you want to be. • Pass your paper to the Facilitator, who will add it to the basket. • You will be given a paper to read out loud to the group at random without comment 	<p style="text-align: center;">5</p> 	<p>Display Icebreaker slide (#5)</p> <ol style="list-style-type: none"> 1. Provide instructions (see below) 2. Ensure participants understand what to do
<p><u>Group Exercise</u></p>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Ask participants to answer the questions on the slide on the paper provided. <input checked="" type="checkbox"/> Participants should not identify themselves on the papers. <input checked="" type="checkbox"/> Collect responses <input checked="" type="checkbox"/> Distribute the papers randomly <input checked="" type="checkbox"/> Each participant reads the paper they've been given <input checked="" type="checkbox"/> Use the flip chart or whiteboard to classify events that caused anger in the group and anger responses <input checked="" type="checkbox"/> Ask participants if they can think of other events and responses to add to the list <input checked="" type="checkbox"/> Tell participants we'll keep this list and revisit it at the last session to see if we can come up with different responses.
<p><u>Flipchart</u></p>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Keep a list of the events that caused anger with a description of what the response was. <input checked="" type="checkbox"/> Example Flipchart list: <ul style="list-style-type: none"> • Someone was late <ul style="list-style-type: none"> ○ Made multiple calls then left the location • Boss was over-demanding <ul style="list-style-type: none"> ○ Agreed, but passive-aggressively did poorer work than usual • Kids wouldn't stop playing video games to do homework <ul style="list-style-type: none"> ○ Took their controllers away for a week
<p><u>Transition:</u></p>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> During these sessions, we're going to learn a lot about how to identify triggers and manage our reactions more effectively when we get angry. Let's run through the steps and what we'll

Title	Action	Facilitation Notes
		learn about and practice each week.
<p>Program Summary 15 Minutes Total</p>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Set up flip chart and AV if displaying slides or video clips <input checked="" type="checkbox"/> Open PP slide deck: Program Summary <input checked="" type="checkbox"/> Have Recovery International brochures or information sheets available to hand out to interested participants.
<p>The 5 Step Process</p>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Present The 5 Step Process Slide
<div style="text-align: center;">6</div> 		<p>Display Program Summary PP slide (#6)</p> <p>Key Points:</p> <ol style="list-style-type: none"> 1. Over the next five weeks, we'll be working step by step to move from anger to peace 2. In the first step, we must admit that we are inappropriately angry and give thought to how others in our lives are affected by our anger. 3. Next we'll look at what type of anger we have; whether the anger is hot: for example, we become irritable, yell sometimes, sarcastic, hit people; or cold: (we tend to become silent when angry, withdraw from others, hold grudges). We'll take an assessment to help decide. 4. The third step is very important, and we'll learn to understand our anger, our temperament and triggers. We'll explore some physical and psychological roots that will help us get a handle on how anger works in our lives. 5. In Step 4, we will cover some very helpful tools, tips and exercises to help us change negative thought patterns and manage anger more effectively. 6. And finally, we'll look at what we can do going forward to keep us on track, reaching to God for spiritual help and outward to the Catholic community and other resources to continue receiving help and support. 7. Does anybody have any questions or comments about these steps?
<p>Video Clip</p>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Optionally, play the Dr. Ronda 5 Steps Description Video

Title	Action	Facilitation Notes
<u>Transition:</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> These steps were developed by Dr. Ronda, but there's a strong foundation behind them that comes from the work of Abraham Low and his organization, Recovery International...
<u>Recovery International</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Present Recovery International Slide
<div style="text-align: center;">7</div>  		<p>Display Recovery International PP slide (#7)</p> <p>Key Points:</p> <ul style="list-style-type: none"> <input checked="" type="checkbox"/> Recovery International (let's call them RI) was founded in 1937. It is a self-help mental health program based on the work of Abraham Low, M.D., who was a neuropsychiatrist at the University of Illinois. <input checked="" type="checkbox"/> RI offers its members a low-cost method to regain and maintain their emotional health by using Dr. Low's practical method of "mental health through will training." <input checked="" type="checkbox"/> Tens of thousands of people have used and continue to use the RI Method to live a healthy, peaceful life. <input checked="" type="checkbox"/> Taming the Lion Within uses the concepts and some of the tools you'd find at an RI meeting, but it is not exactly the same: Dr Ronda wanted to hone in on anger, and more importantly, add the crucial element of prayer and Catholic teaching. <input checked="" type="checkbox"/> If you want to learn more about RI, just ask me and I'll give you more information.
<u>Transition:</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Let's move from theory to practice before we close for today...
<u>Exercise and Closing</u> 30 Minutes Total		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Ensure you can arrange seating for small groups of 2-4 <input checked="" type="checkbox"/> Have copies of the Anger Response worksheets to hand out at the end of the session (you can make your own or you can print out the form included after these Session One facilitation notes).
<u>Anger Manifestation Exercise</u>		<ul style="list-style-type: none"> <input checked="" type="checkbox"/> Present Anger Manifestation Exercise Slide

Title	Action	Facilitation Notes
 <ul style="list-style-type: none"> • Break into small groups. • Talk about the types of anger responses • Design a short skit your group will present to the larger group to illustrate key points. 	<p>8</p>  <p>EXERCISES AND CLOSE Anger Manifestation Exercise</p> <ul style="list-style-type: none"> • Many people have a physical reaction when they are angry. • Some people use angry language or raise their voices when angry. • Some people can point to a negative thought pattern when they are angry. • And some develop an overall negative attitude so that anger is never far away. 	<p>Display Anger Manifestation Exercise PP slide (#8)</p> <p>Key Points:</p> <ul style="list-style-type: none"> ☑ Provide instructions and circulate to help small groups if needed
<p><u>Small Group Exercise</u></p>		<ul style="list-style-type: none"> ☑ Break participants into small groups: at least two and no larger than 4. ☑ Read the anger manifestation types and ask if everybody understands them ☑ Each group should talk about the types of anger responses and then design a short skit their group will present to the larger group ☑ Circulate among teams and help out if any team is stuck ☑ The teams can decide if everybody will act or if designated members will do so ☑ Tip: Don't over-facilitate, it doesn't really matter what the teams present as long as they are working together and thinking about how anger manifests itself.
<p><u>Large Group Presentation and Discussion</u></p>		<ul style="list-style-type: none"> ☑ Each team takes a turn to present their anger manifestation skits. ☑ Encourage applause after the skit! ☑ When all teams are complete, facilitate large group discussion on the experience.
<p><u>Transition:</u></p>		<ul style="list-style-type: none"> ☑ There are a few things I'd like you all to do before we meet again next week...
<p><u>Assignments</u></p>		<ul style="list-style-type: none"> ☑ Present Assignments Slide

Title	Action	Facilitation Notes
<ul style="list-style-type: none"> Read the Foreword and Intro in Dr. Ronda's book Take note of instances during the week when you become angry Notice your responses, physical, language or negative thought patterns Use these to direct some preliminary goals and write them down on the Notes page at the end of the intro (viii). 	<p>9</p> 	<p>Display Assignments PP slide (#9)</p> <p>Key Points:</p> <ul style="list-style-type: none"> Ask participants to read the Foreword and Intro in Dr. Ronda's book. Make sure they see where these are in their copies of the book. Then, ask them to take note of instances during the week when they become angry and to write down their responses, physical, language or negative thought patterns. Hand out the forms. They should use these to direct some preliminary goals and write them down on the Notes page at the end of the Intro (pg. viii).
<p>Transition:</p>		<ul style="list-style-type: none"> Let's close with a group prayer...
<p>Closing Prayer</p>		<ul style="list-style-type: none"> Present Closing Prayer Slide
<ul style="list-style-type: none"> Closing Prayer 	<p>10</p> 	<p>Display Closing Prayer slide (#10)</p> <p>Key Points:</p> <ol style="list-style-type: none"> Read the quote Present your own prayer and pray as a group Optionally, go around the circle and ask each participant to say a short prayer. (Note: This is appropriate for smaller groups. With larger, you can divide participants into sub-groups of 4 to pray together.)
<p>END OF SESSION ONE</p>		

Anger Response Worksheet

Use this form to record any situations that make you angry, your thought process and what your response is, including physical and verbal responses and mental responses (cold anger).

Situation	Thought Process	Response

Situation	Thought Process	Response