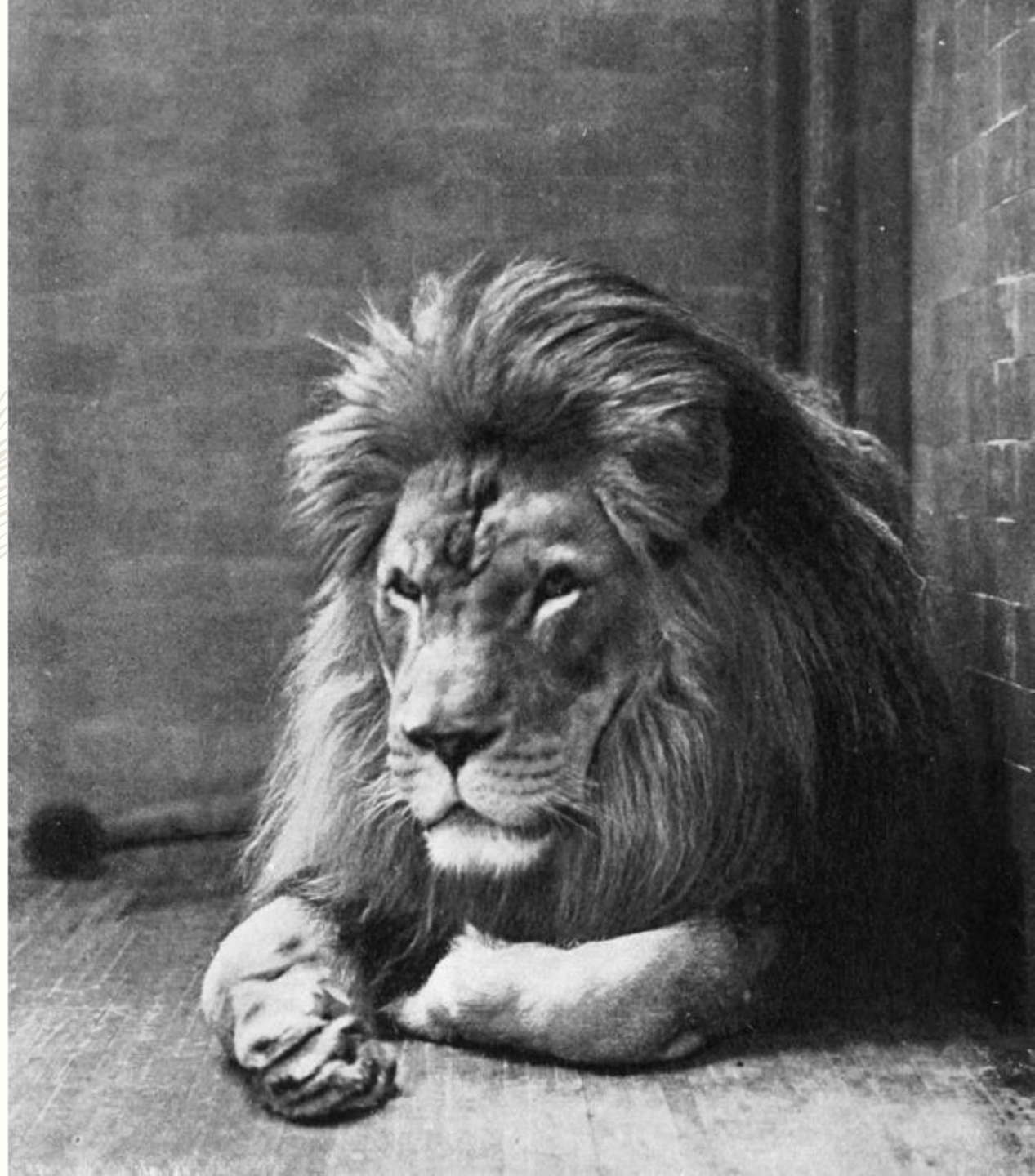


Taming
the LION
Within

**5 Steps from
Anger to
Peace**

Dr. Ronda Chervin





Welcome Session

- Location of facilities
- Refreshments
- Attendance
- Expectations:
 - Participate honestly
 - No evaluations or judgment of other participants
 - Be supportive
- Questions?

3

INTRODUCTION Guidelines

Before we kick off this session with a prayer, let's go over some basic guidelines.



- Opening Prayer

4

INTRODUCTION

Opening Prayer

With God's help, may we tame the lion within so that we may have more space for love and peace in our hearts! Dr. Ronda Chervin

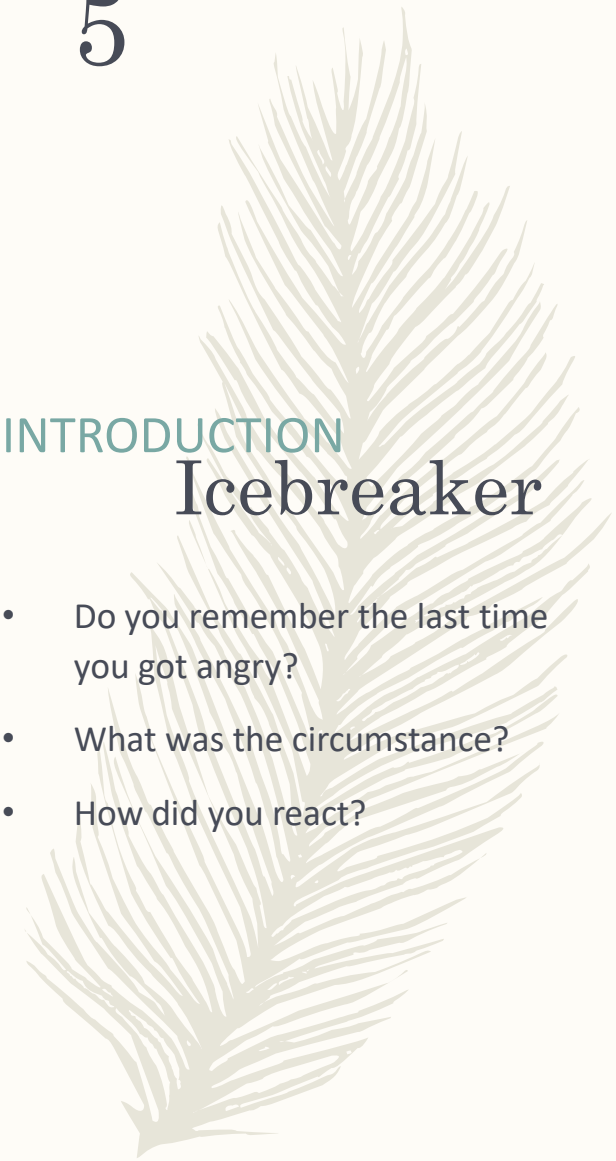


5

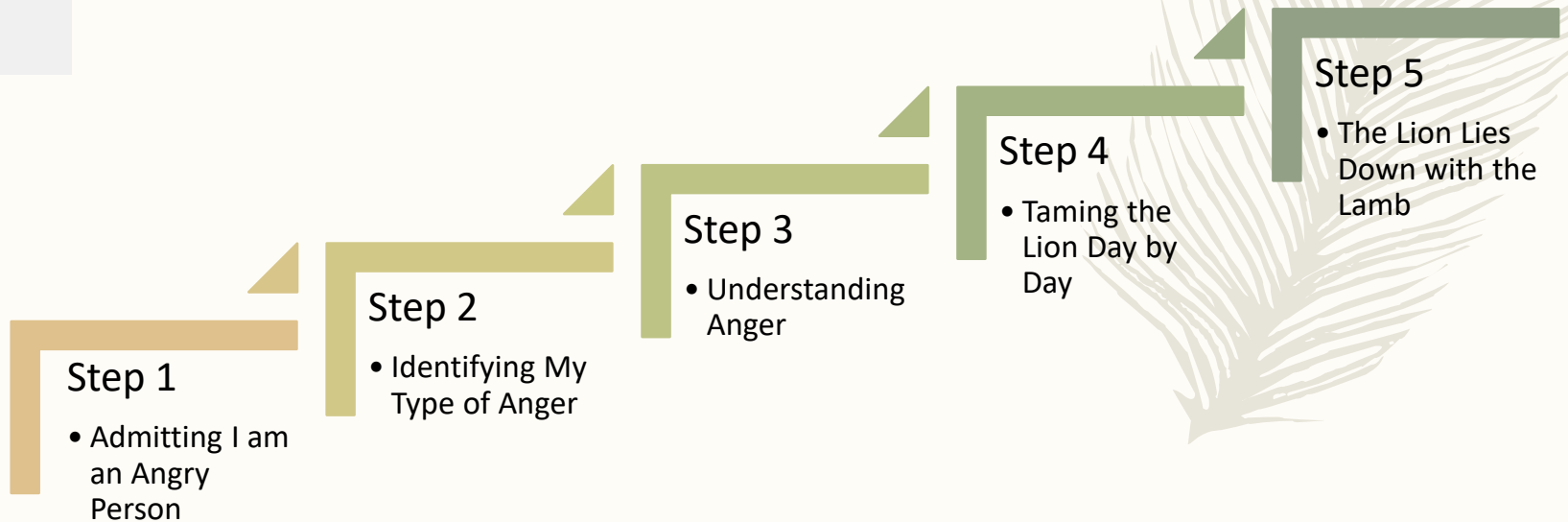
- Please write your answer to these questions on the paper provided, but do not write your name.
 - It is up to you how personal you want to be.
- Pass your paper to the Facilitator, who will add it to the basket.
- You will be given a paper to read out loud to the group at random without comment

INTRODUCTION Icebreaker

- Do you remember the last time you got angry?
- What was the circumstance?
- How did you react?



PROGRAM SUMMARY
5 Step Process





Abraham Low
**SELF-HELP
SYSTEMS**

PROGRAM SUMMARY Recovery Int'l

Recovery International helps people release chronic depression and anxiety so often related to anger-issues. Many who first come because of despair and fear begin to recognize the cold resentments they have masked for years.



8

- 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.

EXERCISES AND CLOSE Anger Manifestation Exercise

- 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.

- 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).

9

EXERCISE AND CLOSE Assignments

Before the next session...



10

- Closing Prayer

EXERCISE AND CLOSE Closing Prayer

- The Lion can be tamed and made obedient, but your own wrath renders you wilder than any lion!
– St. John Chrysostom

