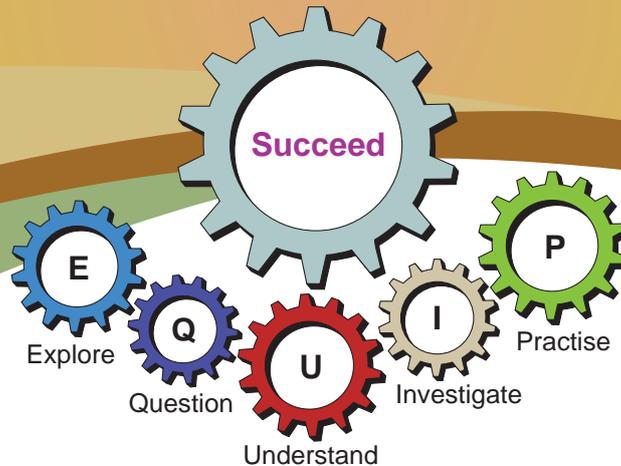


EQUIPS

Aggression

tap



EQUIPS Aggression helps you understand aggression and violence towards others and to take responsibility for your own behaviour. You will learn skills and strategies for coping with your emotions that are positive and that don't involve aggressive or violent behaviours.



1 Identifying emotions

Module 1 explores how moods, emotions and attitudes are linked to aggressive and violent behaviour.

It examines the physical signs of anger and how to differentiate between anger, aggression and violence and the internal and external triggers that underpin each of these emotions and behaviours.



2 Aggression management

Module 2 focusses on practical strategies to manage anger and to cope with difficult emotions and introduces a variety of skills and strategies to reduce emotional intensity.

The module explores how to challenge unhelpful thoughts and beliefs and to identify the impact of aggressive behaviour on you and others.

It will also help you to identify the things that are really important to you and will equip you to manage challenging situations better in future.



3 Values and beliefs

Module 3 challenges you to reflect on how your early learning and experiences influence your core beliefs and the way you respond to life events. It identifies unhelpful thinking and explores different types of conflict and how these lead to negative outcomes. You will be introduced to new ways of managing conflict that will allow you to think differently about conflict situations and manage them better.



4 Offence mapping

Module 4 encourages you to look at the factors that led to your offence in more detail and to share your experiences. The 24 hours leading up to the offence will be mapped out and you will be helped to identify the early warning signs, high risk situations, and decision points that led to your offence and the impact on others. This module assists you to explore changes in behaviour that will lead to healthier and non-violent outcomes.



5 Self management plan

Module 5 helps you to explore and reflect on your values and to practice what you have learned.

In this module you will develop a final self-management plan that focusses on better ways to communicate and solve problems. This will help you to understand emotions, moods and attitudes so you can manage further aggressive and violent behaviour.