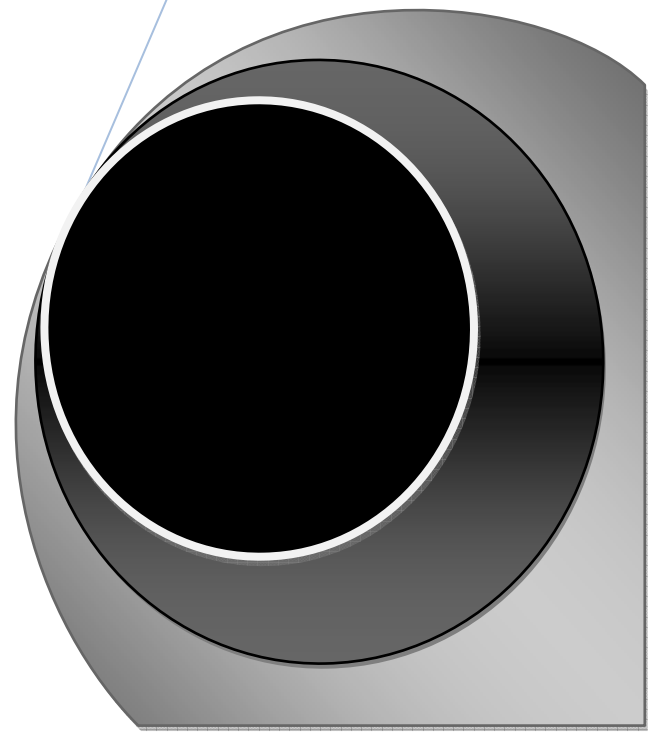


Anger Management Specialist / Paraprofessional

Home Study Program

Based on Rational Living Therapy

Dr Aldo Pucci



Cognitive-Behavioral Therapy

The Basics of Helping People *Get Better*

Developed and Presented by:

Aldo R. Pucci, PsyD.
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American Bar Association and a Committee of Publishers*

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Rational Living Therapy Institute

203 Three Springs Drive, Suite 4

Weirton, WV 26062

(304) 723-3980

Rational Living Therapy® Certification Procedure

Requirement for Certified Rational Living Therapist: Masters Degree or Above in Mental Health Field and completion of the five certification levels

Certification Levels

Level-One

Introduction to Rational Living Therapy
Dealing with Resistance
Intro. to the Treatment of Specific Problem Areas
Introduction to Group Therapy

Level-Two

Treatment of "Personality Disorders"
Advanced "Core Belief" Therapy
Advanced Cognitive Modification Skills
Application to Mood / Anxiety Disorders
Group Therapy

Level-Three

Rational Motivational Interviewing
Marital Therapy
Substance Abuse Treatment
Treatment of Children

Level-Four

Advanced Case Application (In-Depth Work on
Therapy Cases Presented by Attendees)

Level-Five

Practicum (Six-Month weekly feedback of cases
conducted via audio tape / email, telephone)

Additional Available Training / Certifications

- Certified RLT Supervisor
- Certified RLT Instructor

-- Certified Rational Hypnotherapist (Some Rational Living Therapists elect to utilize this cognitive-behavioral approach to hypnotherapy to enhance the effectiveness of therapy. Rational Hypnotherapy is not a required aspect of Rational Living Therapy.)

Characteristics of Rational Living Therapy

(How it differs from other forms of therapy)

1. RLT is based on the Cognitive Model of Emotional Response.
2. RLT is Briefer and Time-Limited.
3. A sound therapeutic relationship is necessary for effective therapy, but not the focus.
4. RLT is a collaborative effort between the therapist and the client.
5. RLT is based on stoic philosophy.
6. RLT uses the Socratic Method.
7. RLT is structured and directive.
8. RLT is based on an educational model.
9. RLT theory and techniques rely on the Inductive Method.
10. Homework is a central feature of RLT.

Myths of Cognitive-Behavioral Therapy

1. CBT therapists teach their clients to be unfeeling robots.
2. CBT therapists teach their clients to accept everything and change nothing.
3. CBT therapists tell their clients what to do / how to feel.
4. A person must be above average in intelligence to benefit from CBT.
5. All CBT therapists swear like Ellis.
6. CBT therapists do not believe in God.

Nonsense Arguments Against Cognitive-Behavioral Therapy

1. It is wrong to come off as an expert.
2. All people really want is to get things off of their chest.
3. People are not going to use what they learn anyway.
4. CBT therapists talk too much.
5. CBT is too much work.

The Rational Living Therapy Approach Therapy Sequence

1. Initial Assessment (Usually One Session)

What's the main reason for coming to see me today?

Make assessment of learned vs. not-learned behavioral

problem. Indirectly encourage success: Conversational

Hypnosis Techniques Toward end of session, ask:

What do you do well? What is right in your life?

Implication questions to ask:

- Who will be the first person to notice when you are feeling better?
- How will it feel to feel good?
- What will you do when you are feeling good?

Time bind suggestion:

- I don't know how long it will take before you feel the way you want to feel. It could take three, or as many as four session before you begin feeling better.

Emphasize the importance of self-counseling.

Homework: Introduction and Chapters 1 & 2 of "The Client's Guide to
Cognitive- Behavioral Therapy"
Goals (Therapy, Life-Goals, Do and
Avoid) Feelings & Behavior Pattern
Form

2. Review Homework, ABC's of Emotions (One Session)

- OR - Rational Hypnotherapy (Two Sessions)

If we elect to perform hypnotherapy, we will conduct two sessions of it, with
the second recorded on audio tape for self-hypnosis purposes.

Homework: Chapter 3 (ABC Chapter) & Chapter 4 (Thoughts & Underlying Assumptions) & Chapter 5 (About Problems) ABC Situations.

3. Review Homework, Rational Questions (Several Sessions)

Homework for First Session of this Phase

Homework: Chapter 6 (Rational Questions) ABC Situations
Apply Rational Questions to Thoughts
Thoughts I Hope are Incorrect
Practice New Rational Replacement Thoughts

Homework for Second Session of this Phase

Homework: Chapter 7 (Mental Mistakes)
Apply Rational Questions / Mental Mistakes to Thoughts
Practice New Rational Replacement Thoughts

As we help the client apply the Rational Questions during this phase, we also are teaching them about any cognitive distortions they are making, and having them learn about the rest of them on their own by reading Chapter 7

4. Review Homework, Rational Action Planner (One Session)

Homework: Chapter 8 (Rational Action Planner) Do at least one RAP

5. Review Homework, Importance of Practice, Practicing Techniques, Thought Growth (One Session)

Homework: Chapter 9 (Practice)

6. Rational Hypnotherapy if Needed (At Least Two Sessions)

At least two sessions, with the second being recorded for self-hypnosis purposes.

7. Remainder of sessions spent reviewing RAP's (Possibly Several Sessions)

Homework: Behavioral Assignments
Chapters 11 (More Rational Techniques) & 12 (Conclusion)

My Goals for Therapy

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1. **Do this *more***

Do this *less* (or not at all)

2. **Emotionally Feel this *more***
(Remember, feelings are one-word
adjectives, like happy, sad, excited,
anxious, etc...)

Emotionally Feel this *less* (or not at all)

3. **Physically Feel This *More***

Physically Feel This *Less* (or not at all)

4. **Think this more**

Think this less (or not at all)

5. **Know this more**

Know this less (or not at all)

Life Goals

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On this page, write down what you want out of life – your long-term goals. Spend some time with this and give it some thought as you can use this as a guide for living a happy life. Important: refuse to only write down what you think is possible. Go for it, and write what you want! You might consider issues like, “Where do I want to live?” “With whom do I want to share my life?” “What do I want to do?”

What I want from life

Important

Example: To retire when I’m 50 y.o.

Importance to Me

Slightly / Moderately / Very

Moderately Important

What I Want to Experience and Avoid

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On this page, write down what you want to experience as much as possible and avoid as much as possible. Spend some time with this and give it some thought as you can use this as a guide for having happy days.

What I want to experience as much as possible

Example: Time with my family, fishing trips, eating pasta

What I want to avoid as much as possible

Example: Work days longer than 8 hours, sinus headaches, late fees

Feelings and Behavior Pattern Form

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Instructions: If you feel or behave in a way that either you do not want or believe might be a problem for you, first, write down in the first column what was going on at the time, what happened, what you were doing, or what you were thinking about. Second, write down in the second column what was going through your mind about what was going on, and third, write down how you felt and what you did.

What happened / What was going on /
What I was doing /
What I was thinking About

Example: My boss told me that I'm fired.

What went through my mind about it

"How could he do that to me. I've worked here
for twenty years! He shouldn't do this!
I'll never be able to support my family."

How I Felt / What I Did

Angry & Depressed
Went home and went to bed.

ABC's of Emotions

P
O
S
I
T
I
V
E



A. Awareness



B. Thought or Belief



C. Emotional Consequence

N
E
U
T
R
A
L



A. Awareness



B. Thought or Belief



C. Emotional Consequence

N
E
G
A
T
I
V
E



A. Awareness

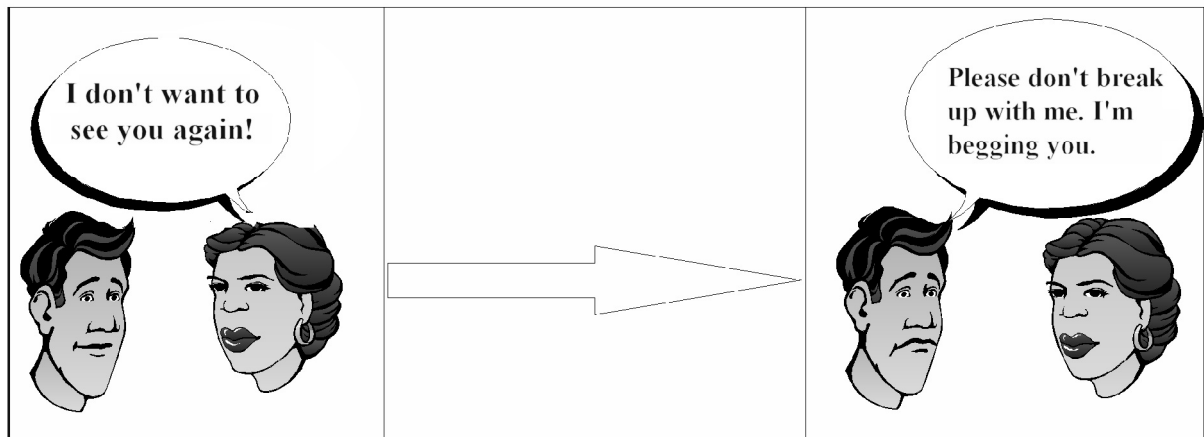


B. Thought or Belief



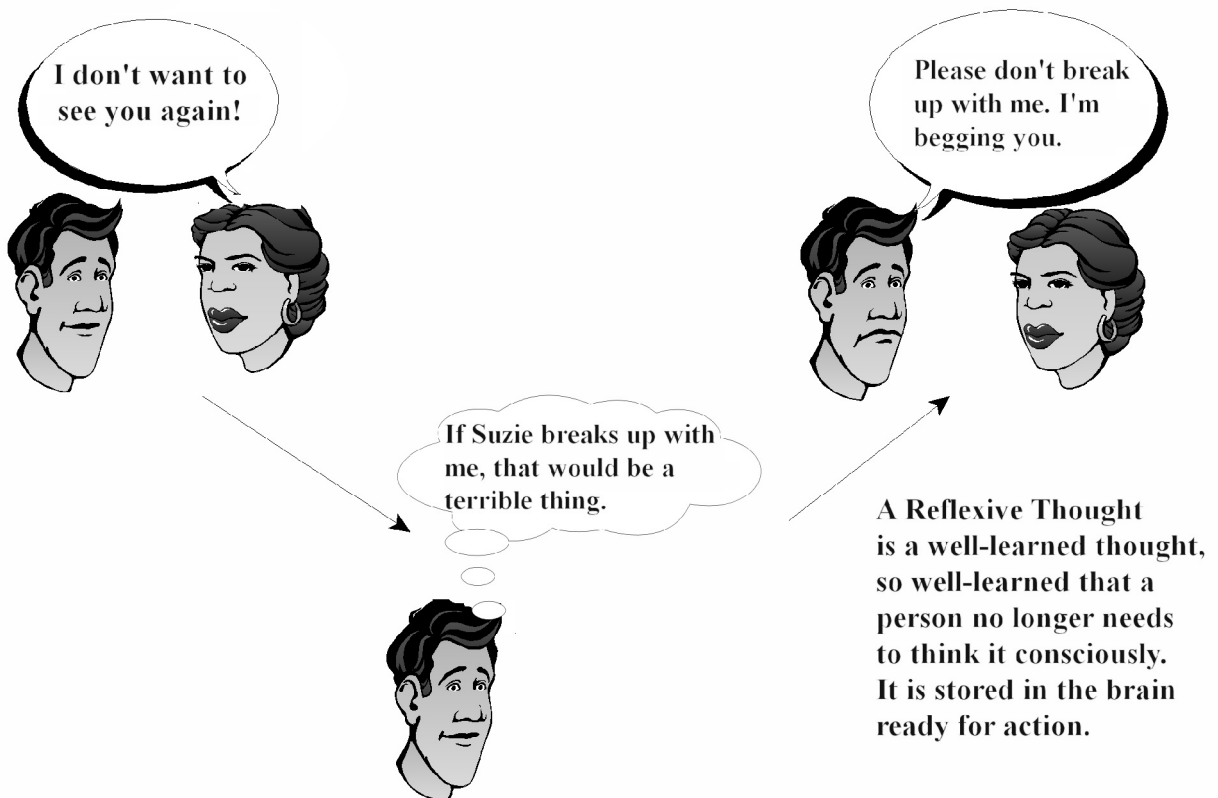
C. Emotional Consequence

Reflexive Thoughts



A. Awareness

C. Emotional Consequence



ABC Situations

A

(What I'm Aware Of)

B

(What I think about A)

C

(How I Felt / What I did)

Seminar Practice of ABC Situations

A

(What I'm Aware Of)

B

(What I think about A)

C

(How I Felt / What I did)

The Three Rational Questions

A modification of Maultsby's Five Rational Questions.

1. Is my thinking based on fact?
2. Does my thinking help me achieve my goals?
3. Does my thinking help me feel the way I want to feel?

Three "Yes" Answers means that your thought is rational for you, and, therefore, it is in your best interest to keep it. One or more "No" answers means that your thought is irrational, and, therefore, it is in your best interest to replace it with a thought that is rational.

Seminar Practice of the Three Rational Questions

Thought #1:

Thought #2:

Thought #3:

Thought #4:

The Common Mental Mistakes

Aldo R. Pucci, Psy.D.

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- (1) **All or None Thinking**: Seeing no middle ground.

- (2) **Overgeneralization**: Unintentional exaggeration of the frequency of a situation or an inaccurate extrapolation.

- (3) **Mental Filter**: Acknowledging only information that is consistent with already-believed thoughts.

- (4) **Discounting the positive**: Believing that positive information (that is contrary to your current beliefs) somehow “doesn’t count” as evidence that the situation is better than it had seemed.

- (5) **Jumping to Conclusions**: Forming an opinion (on which you would act) without knowing the facts.

- (6) **Magnification**: Exaggerating the importance of something.

- (7) **Emotional Reasoning (& Gut Thinking)**: Thinking in a certain manner that is heavily influenced by your current mood. Also, believing that your feelings are proof that your thoughts are accurate.

The Common Mental Mistakes

Aldo R. Pucci, MA, DCBT

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(8) **Labeling**: Assigning a name to someone or something and the name does not accurately reflect or describe the person or object.

(9) **Personalization & Blame**: Mistakenly assigning the cause of something to either yourself or someone else.

(10) **Irrational Should Statements**: (1) Rigid, unbending rules that often have no evidence to support them. (2) Imply belief in magic.

(11) **Confusing Needs with Wants**: Thinking that you “need” something when in fact you only “want” it.

(12) **Confusing “Choosing To” with “Having To”**: Not realizing that something is a choice rather than a necessity.

(13) **Can’t Stand-itis**: Believing that you cannot withstand or tolerate something when you can.

(14) **Catastrophizing**: Thinking something to be terrible, horrible, and / or awful, rather than it being simply “bad”.

The Common Mental Mistakes

Aldo R. Pucci, Psy.D.

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(15) **Magical Worry**: Believing that somehow your worry keeps the feared event from occurring.

(16) **Irrational Definitions**: Having a definition of something that usually is not based on fact and insisting that your definition is the only correct way to define it.

(17) **Confusing Relying with Depending**: Thinking that you need someone's assistance when in fact you only want it.

(18) **Confusing Inability with Unwillingness**: Thinking that you cannot do something when in fact you do not do it because you are reluctant.

(19) **Confusing Possibility with Probability**: Usually in the form of taking a remote possibility and making it a distinct probability.

(20) **Projection**: Assigning your own motives or thoughts to someone else, thinking that they must think like you do.

(21) **Being upset about an "Idea" rather than the "Consequences" of It**: Being upset about a circumstance despite the fact that it is the way you want it to be. You are upset because you think that you are supposed to be.

The Common Mental Mistakes

Aldo R. Pucci, Psy.D.

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(22) **Nonsense Arguments**: Distracting yourself with an obvious statement of fact.

(23) **Irrational Hopelessness / Helplessness**: Believing that your idea that there is no solution to your problem is accurate.

(24) **Too Much / Too Little Problem**: Believing that the amount of something (an attribute, for example) is responsible for some undesired condition / situation.

(25) **Ambivalent Beliefs**: Usually moralistic. Believing an idea strongly enough to feel badly that you are not acting on it, but not strongly enough to act on it.

Seminar Practice of Identifying Mental Mistakes

1. "Susan will not go out with me, if I ask her out, so I'm not going to ask her."

"If Susan turned me down, that would mean I'm a loser and that would be terrible."

Mental Mistakes Identified: _____

2. "I'll never play professional football because I'm too small, so why bother playing in high school?"

Mental Mistakes Identified: _____

3. "No boy will ever like me as long as I'm this fat."

"It would be terrible if no boy ever likes me."

Mental Mistakes Identified: _____

4. "My parents shouldn't yell at me like they do."

"My parents always yell at me."

"I can't help but get high when they yell at me."

Mental Mistakes Identified: _____

5. "When I have a question in class, I can't ask it."

"If I ask a question, people will think I'm stupid."

"It would be terrible for people to think I'm stupid."

Mental Mistakes Identified: _____

6. "My child should do everything I ask her to do."

"I must be a bad parent if I can't get my child to do what I want her to do."

Mental Mistakes Identified: _____

Rational Action Planner™

Old ABC's

1 A (What you are aware of)	2 B (Thoughts or Beliefs about it)	3 C (Emotional & Physical Reaction)
<i>My girlfriend told me that she wants to break up with me, and I fell all to pieces.</i>	1. <i>I need her because I'm nothing without her! (Irrational)</i> 2. <i>It's terrible that she wants to break up with me. (Irrational)</i> 3. <i>I'll never be happy again, and that's terrible! (Irrational)</i>	<i>Very nervous</i> <i>Begged her to not break up with me</i> <i>Told her that I'd kill myself if she broke up with me</i>

What were (are) your goals in this situation (Conscious or Implied)?

1. *Remain calm*
2. *Tell her what I really meant*
3. *Do things to encourage her to stay*
- 4.

Achieved?

No
No
No

Camera Check of "A" Section (What Would a Camera Show)

5

It would show her telling me that she wanted to break up with me, but it would not show me falling to pieces, like a pile of body parts!

6

Rational Questions

Apply the Rational Questions To Each of the Thoughts in the "B" Column and Write Down Whether or Not They Passed Them

1. *Is my thinking based on Fact?*
2. *Does my thinking help me achieve my goals?*
3. *Does my thinking help me feel the way I want to feel?*

Keep any thoughts that pass the Rational Questions and replace any that do not.

New ABC's

A

(Camera Checked)

***Whenever I'm in this
Situation:***

*I'm around her, think
of her, or see her*

B

(New Thoughts to Practice)

I'll think this:

*Anything that is physically present is
"something." Therefore, it is
impossible for me to be a "nothing."
What I am is a human being. I need no
one or nothing for me to be a human
being. I was born with the same
human worth as everyone else, and no
one or nothing can take that away from
anyone!*

*I didn't need my ex-girlfriend — I only
wanted her. Therefore, I'll feel
appropriately sad as I think of losing
her as a disappointment, not something
that is terrible or that I can't stand.
Certainly I can stand her breaking up
with me, because I am!*

*The sooner I calmly accept the fact that
we ended this relationship, the sooner I
will find happiness in another
relationship or with something else.*

C

***As a result of my new
thinking, I'll feel and
do this:***

Feel calm

Treat her kindly

Do these new thoughts pass the Rational Questions?

Practice imagining yourself in the "A" Section, Thinking the "B" Section, and Reacting like the "C" Section. Act "As If" you believe the new thoughts until they feel comfortable to you.

Rational Action Planner™

Old ABC's

A

(What you are aware of)

B

(Thoughts or Beliefs about it)

C

(Emotional & Physical Reaction)

What were (are) your goals in this situation (Conscious or Implied)?

Achieved?

Camera Check of "A" Section
(What Would a Camera Show)

Rational Questions

Apply the Rational Questions To Each of the Thoughts in the "B" Column and Write Down Whether or Not They Passed Them

1. Is my thinking based on Fact?
2. Does my thinking help me achieve my goals?
3. Does my thinking help me feel the way I want to feel?

**Keep any thoughts that pass the Rational Questions
and replace any that do not.**

New ABC's

A

(Camera Checked)

*Whenever I'm in this
Situation:*

B

(New Thoughts to Practice)

I'll think this:

C

*As a result of my new
thinking, I'll feel and
do this:*

Do these new thoughts pass the Rational Questions?

Practice imagining yourself in the "A" Section, Thinking the "B" Section, and Reacting like the "C" Section. Act "As If" you believe the new thoughts until they feel comfortable to you.

Stages of Emotional / Behavioral Re-Education

1. Intellectual Insight

2. Practice

Cognitive-Emotive Dissonance

3. Emotional Insight

4. Personality / Trait Formation (Habit)

What Makes a Thought “Grow”?

1. Desirability

2. Repetition

3. Evidence / Expert Voice

4. Emotional Insight

Thought to Practice

Goal: To be comfortable and effective in social situations because I want social interaction.

Thought: Not everyone is going to like me or all of my attributes. But the fact is, I really don't want everyone to like my attributes, only certain people. It would be nice if I liked all of my attributes, but it is not my intention to date myself or to socialize with myself. I want to socialize with and date others. Therefore, what they think of me is much more important to my social goals than what I think of me. However, what is important for me to do is to refuse to awfulize any rejection that I might get. That fear of rejection has been what has held me back in the past from even attempting to see if what I have will work. The fact is, despite what I have always thought, I could stand it if someone were to reject me, and I could stand it if no one ever wanted to socialize with me the rest of my life. I sure a hell wouldn't like it, but I could stand it. It's important for me to remind myself of this fact, because as long as I am alive, that give me the potential to be happy about other things. Whether it's my legs, my behind, my social behavior, or anything else, it's important for me to get away from my opinion of them and look to see if what I have will work. If it will, then I'll use it. If not, I'll do what I can to improve it or balance the shortcoming with my strengths.

Desirability: When I think this way I'll be much more relaxed in social situations and enjoy social interactions much more.

Evidence:

Repetition: I shall repeat this thought to myself at least five times per day for two weeks, then three times per day for two weeks, then once per day for another two weeks. I shall practice this thought at the following times:

Cognitive-Dissonance: Practicing my thought will make it "feel right" to me eventually. Therefore, I shall practice it every day.

Practicing Techniques

1. Simple Script Rehearsal
 Visual, Auditory, Combination
2. Visualization
3. Self-hypnosis
4. Covert Systematic Desensitization
5. Physical Practice
 - a. Overt Systematic Desensitization
 - b. Acting “As If”

Appendix A

Resources

Additional Training in Rational Living Therapy

If you would like additional training in Rational Living Therapy, please contact Aldo Pucci at the Rational Living Therapy Institute at:

Rational Living Therapy Institute
203 Three Springs Drive, Suite 4
Weirton, WV 26062
1-304-723-3980

Certification in Cognitive-Behavioral Therapy

If you would like to become certified in cognitive-behavioral psychotherapy, please contact the National Association of Cognitive-Behavioral Therapists at:

NACBT P.O.
Box 2195
Weirton, WV 26062
1-800-853-1135

Web Site: <http://www.nacbt.org>

Email: nacbt@nacbt.org

The NACBT offers a host of certifications in cognitive-behavioral therapy, including the Certified Cognitive-Behavioral Therapist (CCBT) and the Diplomate in Cognitive-Behavioral Therapy (DCBT) credentials.

Recommended Reading

1. **The Client's Guide to Cognitive-Behavioral Therapy** by Aldo R. Pucci, Psy.D.

Available from the NACBT at 1-800-853-1135 or <http://www.nacbt.org>

2. **Feel the Way You Want to Feel ... No Matter What!.** by Aldo R. Pucci, Psy.D.

Available from the NACBT at 1-800-853-1135 or <http://www.nacbt.org>

3. **Rational Behavior Therapy** by Maxie C. Maultsby, Jr., M.D.

Available from Amazon.com

Treating Anger & Violent Behavior: A Cognitive-Behavioral Approach

Based on Rational Living Therapy

Dr. Aldo R. Pucci

President
National Association of
Cognitive-Behavioral Therapists

Treating Anger & Violent Behavior: A Cognitive-Behavioral Approach

**An Effective, Shorter-Term Approach
with Long-Term Results**

Developed and Presented by:

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*From a Declaration of Principles jointly adopted by a Committee of the
American Bar Association and a Committee of Publishers*

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Certification Levels

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Intro. to the Treatment of Specific Problem Areas
Introduction to Group Therapy

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Treatment of "Personality Disorders"
Advanced "Core Belief" Therapy
Advanced Cognitive Modification Skills
Application to Mood / Anxiety Disorders
Group Therapy

Level-Three

Rational Motivational Interviewing
Marital Therapy
Substance Abuse Treatment
Treatment of Children

Level-Four

Advanced Case Application (In-Depth Work on Therapy Cases Presented by Attendees)

Level-Five

Practicum (Six-Month weekly feedback of cases conducted via telephone)

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- Certified Rational Hypnotherapist (Some Rational Living Therapists elect to utilize this cognitive-behavioral approach to hypnotherapy to enhance the effectiveness of therapy. Rational Hypnotherapy is not a required aspect of Rational Living Therapy.)

For More information, visit the Rational Living Therapy web site at:

<http://www.rational-living-therapy.org>

A Fundamental Distinction

The Difference Between Anger Management and Anger Therapy

Anger Management

Anger Therapy

Learned vs. Not-Learned Behavioral Problems

As described in Rational Behavior Therapy by
Maxie Maultsby, Jr., M.D.

Signs of Not-Learned Behavior

1. Disorientation (time, place, or person)
2. History of sudden onset, or a sudden exacerbation, of undesirable behavior without plausible external precipitating events
3. No evidence of voluntary mental control over the onset, intensity, or degree of incapacity caused by their undesirable behavior
4. Paralysis or persistent muscular weakness, and frequent or intractable headaches with and without a history or evidence of head trauma
5. Recent history of convulsions, amnesia, loss of consciousness, blurred vision, or recurrent or persistent vertigo
6. Poor recent memory and inappropriately distractible
7. Delusions, hallucinations, or other thought disorders
8. Inappropriate or otherwise pathologic affect

Signs of Learned Behavior

1. Statistically credible history for the client's culture or sub-culture. Additionally, mild forms of their problem will be common in the every-day lives of most "normal" people.
2. Display evidence of voluntary control over their behaviors and the degree of incapacity they cause.
3. Main presenting complaint usually is some form of self-defeating negative emotions.
4. Usually no history of hallucinations or delusions.

Two “Symptoms” that I recommend You Refuse to Fall For as an Indication of “Biological” Anger / Violent Behavior

Intensity of the anxious feelings / behaviors

Duration of the anxious feelings / behaviors

Partial List of Causes of Angry / Irritated “Symptoms”

- Anemia
- Hyperthyroidism
- Pituitary Problems
- Adrenal Fatigue / Dysfunction
- Poor Diet
- Poor Digestion
- Sleeping Problems
- Hormonal Imbalances (Estrogen, Testosterone)
- Allergies
- Hypoglycemia
- Menopause
- Epilepsy
- Lead poisoning
- Mania
- Mild Traumatic Brain Injury
- Physical addiction
- Premenstrual problems
- Smoking Cessation
- Temporal lobe epilepsy
- Tuberous sclerosis

Drugs That Can Cause Anger / Irritation Symptoms

- Amphetamines
- Antihistamines such as Benzedrine, Dexedrine, and Ritalin
- Birth control pills
- Asthma medicines, such as albuterol, salmeterol, and theophylline.
- Thyroid medicines.
- Medicines that contain caffeine, such as Anacin, Empirin, Excedrin, No-Doz, and cough medicines.
- Decongestants, such as phenylephrine, including Sudafed PE.
- Marijuana
- Alcohol (& Hangovers)
- Green Tea
- Guarana
- Ephedra
- BuSpar
- BuSpar Dividose
- Buspirone
- Buspirone Hydrochloride
- Desyrel
- Desyrel Dividose
- Neurosine
- Trazodone
- Alcohol / Hangovers

Natural Approaches to Resolving Anger / Irritation Symptoms

- Correct Underlying Cause
- Valerian Root
- L-Theanine
- Magnesium
- Calcium
- Kava
- Chamomile
- GABA (gamma aminobutyric acid)
- N-Acetyl Cysteine (NAC) – 2 Grams
- B-Complex

What is Anger?

From a Rational Living Therapy / Cognitive-Behavioral Therapy Perspective

The first requirement for anger is at least one goal.

Awareness of something (situation, life circumstance)

It can be absolutely anything.

Belief / Thought about “A” (An angry thought about it)

Belief related to having been harmed, could have been harmed, might be harmed, as well as injustice, unfairness, shoulds, and musts.

Consequence (Emotional) – Angry Feelings that are the result “B”

Angry Feelings and Behaviors

If a person does not have all three components, what they are experiencing is not anger.

Mental Mistakes that Cause Anger

- Should

Rational Expectations

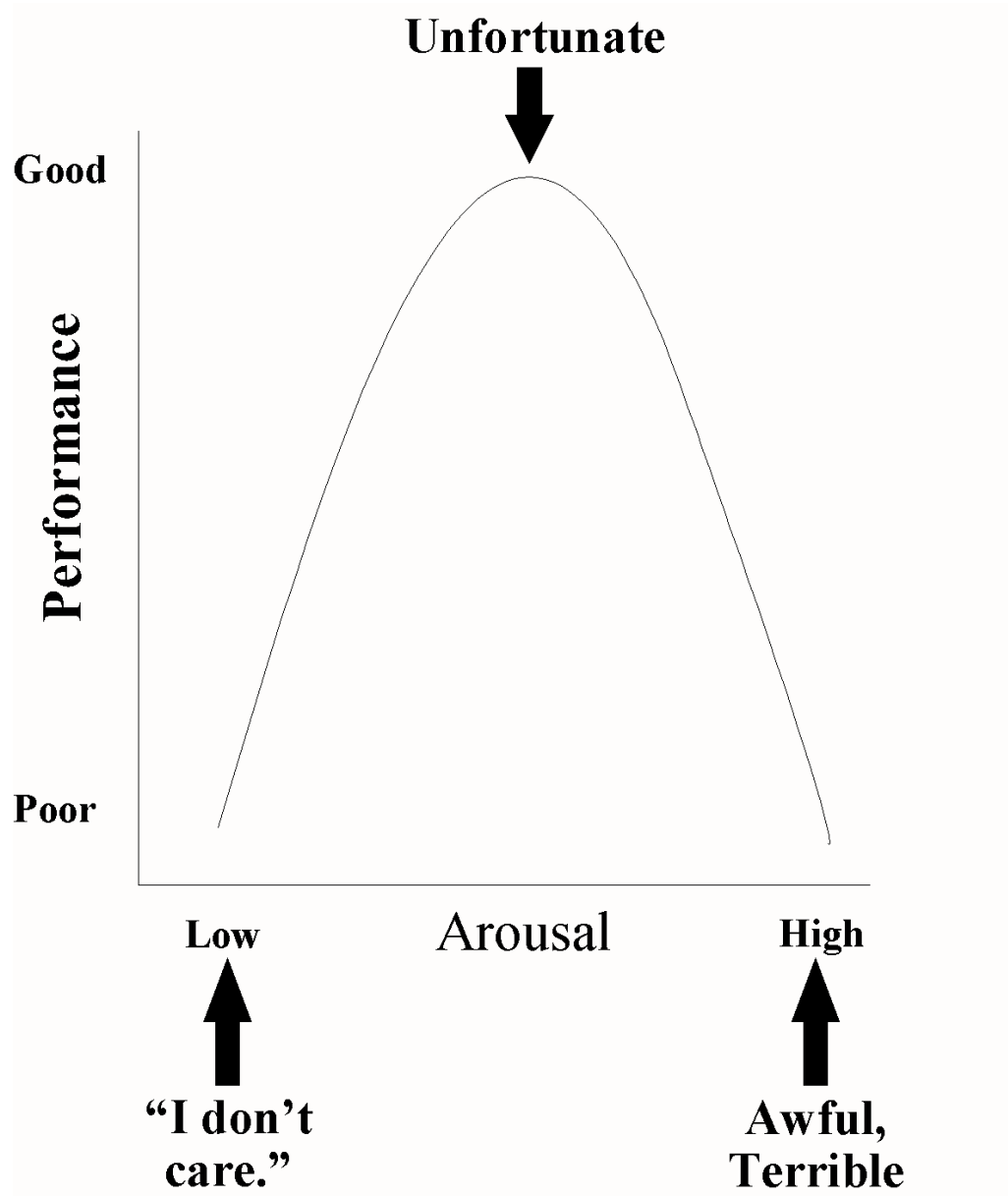
- Need vs. Want

- Can't Stand-itis

- Personalization & Blame

- Catastrophizing (Awful, Terrible, Horrible, Catastrophic)

Yerkes-Dodson Law



Force vs. Choice

Nonsense Arguments

Resentments and Focusing on the Past (Lack of Forgiveness)

Eliminating the “Anger Identity” Or “Batterer” Identity

But it's just the way I am. I am an angry person.

“Suffer From” or “Suffer With” Mentality

The Rational Living Therapy Approach Therapy Sequence

1. Assessment

What's the main reason for coming to see me today?

Make assessment of learned vs. not-learned behavioral problem.

Indirectly encourage success: Conversational Hypnosis Techniques

Toward end of session, ask:

What do you do well? What is right in your life?

Implication questions to ask:

- Who will be the first person to notice when you are feeling better?
- How will it feel to feel good?
- What will you do when you are feeling good?

Time bind suggestion:

- I don't know how long it will take before you feel the way you want to feel. It could take three, or as many as four session before you begin feeling better.

Emphasize the importance of self-counseling.

Homework: Introduction and Chapters 1 & 2 of "The Client's Guide to Cognitive-Behavioral Therapy"

Goals (Therapy, Life-Goals, Do and Avoid)

Feelings & Behavior Pattern Form

2. Review Homework, ABC's of Emotions - OR - Rational Hypnotherapy

If we elect to perform hypnotherapy, we will conduct two sessions of it, with the second recorded on audio tape for self-hypnosis purposes.

Homework: Chapter 3 (ABC Chapter) & Chapter 4 (Thoughts & Underlying Assumptions)

ABC Situations.

3. **Review Homework, Rational Questions**

Homework: Chapters 5 (About Problems & Chapter 6 (Rational Questions)

ABC Situations

Apply Rational Questions to Thoughts

4. **Review Homework, Mental Mistakes**

Homework: Chapter 7 (Mental Mistakes)

Apply Rational Questions / Mental Mistakes to Thoughts

5. **Review Homework, Rational Action Planner**

Homework: Chapter 8 (Rational Action Planner)

Do at least one RAP

6. **Review Homework, Importance of Practice, Practicing Techniques, Thought Growth**

Homework: Chapter 9 (Practice)

7. **Rational Hypnotherapy if Needed**

At least two sessions, with the second being recorded for self-hypnosis purposes.

8. **Remainder of sessions spent reviewing RAP's**

Homework: Behavioral Assignments

Chapters 11 (More Rational Techniques) & 12 (Conclusion)

The duration of this phase will depend on the number of irrational beliefs the client has. During this phase, the clinician helps the client apply the rational questions and address the relevant mental mistakes that the client is making, develop new replacement thoughts, and practice those thoughts.

Life Goals

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On this page, write down what you want out of life – your long-term goals. In other words, how will your life be when you take a look around and you say, “I like my life because (1) I like where I live, (2) I like who I’m with, (3) I like how I generate income and how much money I have, and (4) I like how I spend my leisure time.”

Remember to refuse to only write down what you think is possible. Go for it, and write what you really, really want!

What I want from life

Importance to Me

Slightly / Moderately / Very Important

Example: To retire when I’m 50 y.o.

Moderately Important

To what age do you want to live?_____

What I Want to Experience and Avoid

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On this page, write down what you want to experience as much as possible and avoid as much as possible. Spend some time with this and give it some thought as you can use this as a guide for having happy days.

What I want to experience as much as possible

Example: Time with my family, fishing trips, eating pasta

What I want to avoid as much as possible

Example: Work days longer than 8 hours, sinus headaches, late fees

Things I Do Not Tolerate Well

Situation/Thing

How Much I Dislike It

(0 = I like it to 10 = I absolutely hate it)

**How Has Feeling Angry and Behaving in an
Angry Way Been A Problem for Me?**

Goal / What is
Important to Me

How Anger Has
Affected It

ABC's of Emotions

P
O
S
I
T
I
V
E



A. Awareness



B. Thought or Belief



C. Emotional Consequence

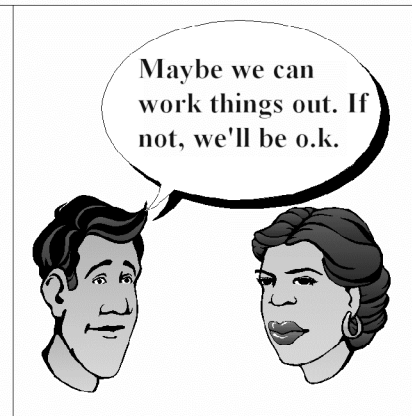
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A. Awareness



B. Thought or Belief

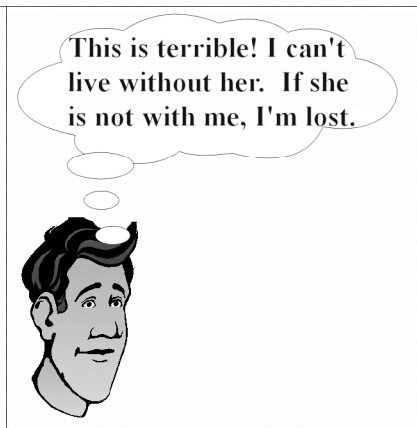


C. Emotional Consequence

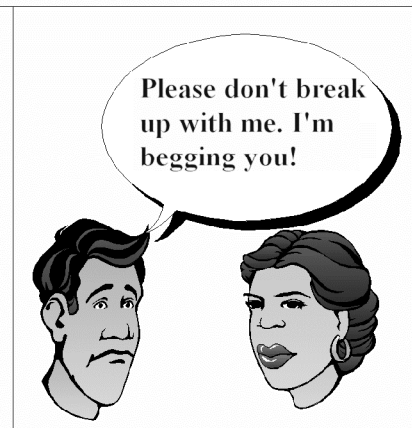
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A. Awareness



B. Thought or Belief



C. Emotional Consequence

ABC Situations

A

(What I'm Aware Of)

B

(What I think about A)

C

(How I Felt / What I did)

About Reflexive Thoughts

Utilize the Downward Arrow Technique

The Three Rational Questions

A modification of Maultsby's Five Rational Questions.

1. Is my thinking based on fact?
2. Does my thinking help me achieve my goals?
3. Does my thinking help me feel the way I want to feel?

Three "Yes" Answers means that your thought is rational for you, and, therefore, it is in your best interest to keep it. One or more "No" answers means that your thought is irrational, and, therefore, it is in your best interest to replace it with a thought that is rational.

Three Important Steps After Determining a Thought to Be Irrational

- 1. Make the sincere announcement, “I refuse to think this way any longer because it is an irrational thought for me.**
- 2. Develop a new, rational replacement thought that is an argument against the old, irrational thought.**
- 3. Practice the new thought by:**

Reading it at least once a day for the next thirty days;

Imagining yourself in a relevant situation, thinking the new way, and feeling and acting the new way as a result, at least once a day for the next thirty days.

Acting “As If” you believe it.

Thought to Practice

Goal:

Thought:

Desirability: Thinking this thought will help me to achieve my goal.

Repetition: I'll practice this thought _____ times a day for the next thirty days. I'll practice it at the following times:

Evidence (Look for evidence daily that supports the new thought):

Emotional Insight: The more I practice this thought, the sooner it will feel comfortable to me.

Visualize: Imagine yourself in the relevant scenario thinking the new way and feeling and acting the new way as a result.

Acting "As IF": For the next month, I'll act as if I believe this thought by doing the following:

Thoughts That I Hope are Incorrect!

Distressing Thought

Example: *“No girl would ever want to go out with me.”*

Example: *“I’m a nothing and a nobody.”*

Why do I hope it is Incorrect?

If I’m wrong, I’ll end up with a girlfriend!

If I’m wrong, I’ll feel much better!

Camera Check of Perceptions

And the Importance of Reducing / Eliminating
the Use of Swear Words

How Stoic Philosophy Can Help

Forty Ways to Make Yourself Miserable

Adapted from Dr. Aldo Pucci's Book,
“Feel the Way You Want to Feel...No Matter What!”
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Dr. Albert Ellis (2006) categorized the major misery-producing thoughts into three categories. I have expanded his list, as well as added a fourth “miscellaneous” category.

I. “I must do well and win the approval of others or else I am no good.”

Sub-beliefs

1. “I must have love and approval from everybody.”
2. I must be competent and successful.
3. I must successfully avoid unpleasant or undesirable situations.
4. I must think, feel, and act the same as I always have.

5. I must find order, certainty, and predictability in life.

6. I must depend on other people because I can't depend on myself.

7. I must understand the secrets of the universe.

8. I must rate myself as either "good" and "worthy" or "bad" and "worthless."

9. I must never feel depressed, anxious, or enraged.

10. I must achieve perfection with everything I do.

11. If a loved one dies, I should not ever feel happy again.

II. Other people must do “the right thing” or else they are no good and deserve to be punished.

Sub-beliefs

1. Everybody should treat everyone else (especially me) in a fair and considerate manner.
2. Other people must not act incompetently or unwisely.
3. Talented people must use their talent.
4. Other people must not criticize me.
5. You cannot trust someone again after they have violated your trust.

6. If I do something good, I should be rewarded.

7. If I do something wrong, I should punish myself for it.

8. People should love you no matter how you act.

III. "Life must be easy, without discomfort or inconvenience."

Sub-beliefs

1. Things must go the way I want them to go.

2. I must constantly worry about life's predicaments.

3. I must avoid, rather than face and deal with, life's difficulties and responsibilities.

4. Justice, fairness, equality, democracy and other “right” values must prevail. I can’t stand it when my values are trodden on.

5. I must not die prematurely.

6. My life must have meaning and purpose.

7. If I do not see a solution to my problems, one doesn’t exist.

8. If I have tried to achieve a goal and failed, that means that I do not have the potential to achieve it.

9. Life should be fair.

10. Loneliness is a terrible thing and must be avoided at all cost.

11. Boredom is a terrible thing and must be avoided at all cost.

12. Everyone has to die at some point, so there is no point in taking care of your body.

13. I should never be denied pleasure.

14. If something does not come easily, then forget it.

IV. Additional Misery-Producing Thoughts

1. If people cannot see something, then it does not exist.

2. You are a victim of your childhood and past. What happens to a person affects him or her forever.

3. The best way to discover what is real is to go with what most people say.

4. If I have a right to do something, then it makes sense to do it.

5. I am afraid to change or succeed, therefore I had better not.

6. It is easier said than done.

Rational Thinking Score™ Web Site

The Rational Thinking Score™ Web Site is a completely free-of-charge service for anyone to assess their thinking. Users rate their agreement on the top forty irrational beliefs, and the web site provides suggestions for a more rational approach.



Rational Thinking Score™

Fields Marked with an * asterisk are required.

First Name	<input type="text"/>	*	Last Name	<input type="text"/>	*
Street Address	<input type="text"/>				
City	<input type="text"/>	*			
State / Province	<input type="text"/>	*	Postal Code	<input type="text"/>	*
Email Address	<input type="text"/>				
Date Of Birth	<input type="text"/>	*	Gender	<input type="radio"/> Male <input type="radio"/> Female *	

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The Site and its Use

The Rational Thinking Score™ Web site is owned and provided by Aldo R. Pucci from his offices

The web site's address is:

<http://www.rational-thinking-score.com>

Forgiveness and Compassion

Resentment

FHB

Behavioral Techniques

Breaking Response Chains

Functional Analysis of Anger Reactions

<u>Date & Time</u>	<u>Location</u>	<u>Behavior</u>	<u>What Was Going On</u>

- Rational Reminders
- Negative / Positive Imagery
- Modeling & Role Model
- Flooding
 - imaginal exposure
 - virtual reality exposure
 - in vivo exposure

Calming Yourself in Personally Undesirable Situations

- Break response chains. “Functional Analysis”
 - Fatigue / Illness, Certain Topics, Certain People, for example
- Have a reminder of your goal in view.
- Time Out
- Is this something that I “Can’t Stand” or that I “Do Not Like”? Unless it can kill me, It’s something that I do not like!
- Fogging: Because People will Show Their Ignorance. Pick your battles.
 - “I have to defend myself” – Recognizing a true threat.
 - Never Argue with a “Fool”
- Refuse to take personally others’ actions. “He’s disrespecting me.”

Dealing with Domestic Violence

Several key points to emphasize:

1. Thoughts cause feelings and behaviors.

2. Goals, goals, goals!

3. Irrational Shoulds

Including “I shouldn’t have hit my spouse.”
Maybe the partners are not “right” for each other.

4. Need vs. Want / Can’t Stand-itis

5. The problem of intoxication.

6. The problem of an intermittent schedule of reinforcement.

7. The problem of cognitive-emotive dissonance.

8. The problem of practice.

Appendix

Resources

Additional Training in Rational Living Therapy

If you would like additional training in Rational Living Therapy, please contact Aldo Pucci at the Rational Living Therapy Institute at:

Rational Living Therapy Institute
203 Three Springs Drive, Suite 4
Weirton, WV 26062
1-304-723-3980

The RLT Institute is located 20 miles west of the Pittsburgh International Airport.

For a schedule of upcoming certification trainings at the institute, please visit:

<http://www.rational-living-therapy.org>

Certification in Cognitive-Behavioral Therapy

If you would like to become certified in cognitive-behavioral psychotherapy, please contact the National Association of Cognitive-Behavioral Therapists at:

NACBT
P.O. Box 2195
Weirton, WV 26062
1-800-853-1135

Web Site: <http://www.nacbt.org>

Email: nacbt@nacbt.org

The NACBT offers a host of certifications in cognitive-behavioral therapy, including the Certified Cognitive-Behavioral Therapist (CCBT) and the Diplomat in Cognitive-Behavioral Therapy (DCBT) credentials.

Recommended Reading

1. **The Client's Guide to Cognitive-Behavioral Therapy** by Aldo R. Pucci, DCBT. Available from the NACBT at 1-800-853-1135 or <http://nacbt.amercommerce.com>
2. **Feel the Way You Want to Feel...No Matter What!** By Aldo R. Pucci, Psy.D. Available from the NACBT at 1-800-853-1135 or <http://nacbt.amercommerce.com>
3. **Rational Behavior Therapy** by Maxie C. Maultsby, Jr., M.D. Available at amazon.com
4. **Your Drug May Be Your Problem** by Peter Breggin, M.D.
5. **Train Your Mind, Change Your Brain** by Sharon Begley.

How to Rid Yourself of Anger

With the Power of Cognitive-Behavioral Therapy

Presented by:
Dr. Aldo R. Pucci
Director

Rational Living Therapy Institute
203 Three Springs Drive, Suite 4
Weirton, WV 26062
(304) 723-3980

Can a Person Rid Himself or Herself of Anger?

We cannot remove our *capacity* to anger. We can, though, learn how to refuse to feel angry over and over again about the same things.

Why Rid Yourself of Anger?

Make a list of every reason you have to refuse to react with anger.

What if Anger Works for Me?

Yerkes-Dodson Law

What Things Can't You Stand?

Make a list of things that you “can’t stand”.

The Key: Thoughts Cause Feelings and Behaviors, Not People and Things

Things and situations do not cause us to feel depressed. It is our thinking that causes depressed feelings, thank God!

Sometimes People Anger Themselves so Quickly that It Seems as Though No Thinking Occurred.

Reflexive Thoughts

But Aren't There Some People that Act So Badly that They Cause Anger in Others?

No

Is Anger Ever Rational?

The Three Rational Questions

1. Is my thinking based on fact?
2. Does my thinking help me achieve my goals?
3. Does my thinking help me to feel the way I want to feel?

What kind of thinking causes anger?

- Mind Reading
- Confusing Needs and Wants
- Terrible / Horrible / Awful
- Can't Stand-itis
- Irrational Definitions and Concern with Vague Terms, Like Respect
- Irrational Shoulds
 1. Everybody should treat everyone else (especially me) in a fair and considerate manner.
 2. Other people must not act incompetently or unwisely.
 3. Talented people must use their talent.

4. I must have everyone's love and approval.
5. Other people must not criticize me.
6. You cannot trust someone again after they have violated your trust.
7. If I do something good, I should be rewarded.
8. I, and others, should be perfect.
9. Fairness must prevail.
10. People should love you no matter how you act.

Irrational Ways of Dealing with Anger

- Suppression
- “Anger management” and Punching a Pillow
- Displacement – Angry about something / someone else, take it out on others.
 - Those that really love us might not tell us to get lost.

Steps to Overcome Irrational Anger

- Write down your goals and place reminders of them in places where you will see them.
- Identify irrational thoughts using the Rational Questions
- Develop new rational replacement thoughts
- Practice those thoughts by reading them every day for at least one month
- Visualize yourself comfortably dealing with personally undesirable situation for at least one month.

Calming Yourself in Personally Undesirable Situations

- Break response chains. “Functional Analysis”
 - Fatigue / Illness, Certain Topics, Certain People, for example
- Time Out
- Is this something that I “Can’t Stand” or that I “Do Not Like”? Unless it can kill me, It’s something that I do not like!
- Fogging: Because People will Show Their Ignorance. Pick your battles.
 - “I have to defend myself” – Recognizing a true threat.
 - Never Argue with a “Fool”
- Refuse to take personally others’ actions. “He’s disrespecting me.”

How to Tolerate People

With the Power of Cognitive-Behavioral Therapy

Presented by:
Dr. Aldo R. Pucci
Director

Rational Living Therapy Institute
203 Three Springs Drive, Suite 4
Weirton, WV 26062
(304) 723-3980

What Does it Mean to Tolerate People?

Tolerating is Not Same as Condoning

Why Tolerate People?

- To feel better emotionally
- To do better
- To feel better physically
- Some of us are called to religiously
- So that they might be more tolerant of us
- Because we might as well

What are things people do that you have difficulty tolerating?

Things People Do that We Dislike

- Drive Too Slowly
- Are Late
- Act Angrily
- Are Demanding
- Are Self-Centered
- Are Narcissistic
- Are Histrionic
- Are Very Changing in their Behavior
- Are Compulsive
- Gossip
- Spread Rumors
- Refuse to Talk
- Refuse to Give us What We Want
- Make Noises
- Whine / Complain
- Are Demeaning
- Are Condescending
- Are Perfectionistic
- Are Critical
- Do not Return Kindness
- Are sloppy
- Act like they “don’t care”

Thoughts Cause Feelings and Behaviors

Difference Between Thoughts and Underlying Assumptions

Assumptions We Make

- They are trying to harass me
- They just want their way
- They do not like me
- They do not care
- They do not like anyone
- People generally are mean
- People generally are out to harm you
- People generally are stupid

Other Possible Explanations

- They are sick
- They are mentally ill
- They are afraid
- They are having a bad day
- They have problems
- It's not their fault

Projection – A Reason We Make Certain Assumptions About People

Question Your Thoughts!

1. Is my thinking based on fact?
2. Does my thinking help me to achieve my goals?
3. Does my thinking help me to feel the way I want to feel?

Thoughts that Lead to Intolerance of Others

- I can't stand the way people act sometimes.
- If I do something good, I should be rewarded.
- If I treat people well, they would treat me well, too.
- I must have everyone like me and approve of me.
- Everyone should treat others in a kind and considerate way. They should be damned if they do not.
- Other people must not criticize me.
- People force me to do things.
- People should love you, no matter what.
- I shouldn't have to wait around for people to change.

Separate People from Their Behavior

We are not what we do!

Other people have goals, too!

The Importance of Developing Empathy

Developing Compassion

Refusing to Awfulize People's Behavior

Intentionally expose Yourself to
People / Situations You Dislike

Developing Rational Expectations of People

Remove Habits that Make You
Less Likely to Tolerate People

- Drinking Alcohol (hangovers)
- Fatigue
- Emotional Reasoning

Refuse to Take Things Personally – “It’s *not* all about me.”

“It is not people’s objective to make life easy for me...”

“It is not people’s objective to make life difficult for me...”

Sometimes people do things because
they think it’s best for us.

Ultimately, Give People the
Benefit of the Doubt

What I can tell myself instead from now on
when people act in ways that I dislike.

**National Association of
Cognitive-Behavioral Therapists**

102 Gilson Avenue
Weirton, WV 26062

Dear Anger Management Specialist / Paraprofessional Trainee,

Thank you for purchasing the Anger Management Specialist / Paraprofessional Home Study Program. This program comes with an audio recording (5 *audio* CDs) of the “Cognitive-Behavioral Therapy: The Basics of Helping People to Get Better” training, a *computer CD* recording of the webinar, “Treating Anger & Violent Behavior: A Cognitive-Behavioral Approach”, an audio recording (2 *audio* CDs) of “How to Tolerate People,”, an audio recording (2 *audio* CDs) of “How to Rid Yourself of Anger,” a manual, and a copy of my book, *Feel the Way You Want to Feel ... No Matter What!*

I highly recommend you listen to the “Basics of Cognitive-Behavioral Therapy” CDs first, then watch the webinar recording, followed by the two audio programs.

The examination is online. When you successfully complete the exam, you can print your CE Certificate. We will be notified that you passed the exam, and a diploma will be sent to you as well.

The web address of the exam is:

<http://www.proprofs.com/quiz-school/story.php?title=anger-management-specialist>

The exam password is: **NACBTEexam**

If you have any questions, please feel free to write me at aldo@nacbt.org

Sincerely,
Dr. Aldo R. Pucci
President

Anger Management Specialist / Paraprofessional Application

*After completing the online examination, fax this form
and supporting documents to: 304-723-3950.*

1. Name as you would like it to appear on your certificate:

2. Address: _____

City _____ State / Province _____

Postal Code _____ Country _____

3. Applying for:

___ Anger Management Specialist (Masters degree or higher in mental health field)

___ Anger Management Paraprofessional (High School or BA / BS degree)

4. Along with this form, fax a copy of your diploma supporting your highest degree earned.

5. Along with this form, fax a copy of your driver's license or other form of photo identification.