

Anger & Conflict Management

How to Manage Emotions and Fight Fair

All relationships inevitably involve conflict. Simply put, people irritate us and make us mad. But few of us know how to deal with our anger in a constructive and productive way. And it is not our fault. **No one ever taught us how to fight fair.**

Join us for three 90 minute sessions to learn how to deal with conflict and anger. You will leave with valuable information that will help you improve your relationships, receiving both practical tips and a deeper understanding of where anger comes from and how to control it.

- *25 Helpful Hints for Fighting Fair*
- *The Surprising Goal of Arguments*
- *7 Ways to Calm Down Before You Blow Up*
- *Why You Keep Having the Same Argument Over and Over*
- *How to Understand the Anger Cycle*

February 2nd, 16th, 23rd
3:00-4:30 PM
Murray's Place
Student Health Services

This meeting is not professional counseling. If you would like professional counseling or mental health treatment, please call CAPS central office at 858 534-3755 to arrange an appointment.



For more information, please contact
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