

ANGER MANAGEMENT EDUCATION

The following is an outline for an autobiography. This autobiography was designed to help you gain insight into your behavior and to help identify problem areas in your life. Respond to each question as completely as possible. Each numbered item should require at least one half a page. Please complete and turn in within two weeks.

A. EARLY CHILDHOOD

1. Where did you live? (Type of Community, what city, etc.) What kind of work did your mother and father or parent figure do? From your viewpoint, how did they feel about their work?
2. What was the religious and ethnic background of your family? How did you feel about religion, and your background?
3. Who named you? Why was that name chosen? When you were young, did you like your name? Why/Why not? Any nicknames you liked or disliked?
4. What is your earliest memory? Describe it in as much detail as possible.
 - a. What are the feelings connected to it?
 - b. What age were you in the memory?
5. What was it like being a young child in your home?
 - a. Who was special to you?
 - b. Who cared the most about you?
 - c. Who supervised you the most? (or tried to)
6. Give the names and birth dates of other children in the family in which you grew up (include yourself).
 - a. How did you get along with each of them?
 - b. What was your roles did you have in the family? (ie, clown, prince, black sheep, scapegoat, brain, or others?)
 - c. How did the parental figures treat each of the children?
7. Who disciplined you?
 - a. How did they do it? How often on average.
 - b. Why did they do it? Did you receive more than others?
 - c. How did you feel about the discipline you received?
8. Was there any health problems in your family?
 - a. Any deaths?
 - b. Any traumatic events?
9. Did your family attend church or Sunday school?
 - a. How often?
 - b. Did your parental figures attend?
 - c. What type of church?
 - d. How important was religion in your family?

Section "A" continued:

10. How did your family show these feelings towards each other in general?
 - a. How did they express love?
 - b. How did they express closeness?
 - c. How did they express fear?
 - d. Did any family members drink or use drugs? how did this affect the family relationships?
11. How did your parents get along with each other?
 - a. What did they enjoy together?
 - b. What did they fight about?
 - c. How did they fight?
 - d. What effect did their relationship have on you then and now?
 - e. If they split up, who did you live with?

How did you react to their splitting up?

How did your brothers or sisters react to it?

How did it affect the family finances.

Did your parent then have other relationships?

How did you feel about these other relationships? (answer for each relationship)

Which of the above events had the greatest impact on you?
In what way?

Why?

Include all that seem important to you.

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The following is an outline for section "B" of the autobiography. This autobiography was designed to help you gain insight into your behavior and to help identify problem areas in your life. Respond to each question as completely as possible. Each numbered item should require at least one half a page. Please complete and turn in next week.

B. SCHOOL ACTIVITIES (AGES 6-19 YEARS)

1. How did you feel when you started school?
 - a. What was good about school?
 - b. What was bad about it?
2. Who were your friends at school?
 - a. Describe your relationship with these friends Elementary - Middle/Jr. High - High School
 - b. What did you do with them?
 - c. What games or hobbies did you enjoy with other children during grade school? Did you fail any years?
3. How did the teachers treat you as compared to others?
4. Did you enjoy schoolwork?
 - a. Was any of it hard for you? What made it hard?
 - b. What subjects were hard/easy?
5. What did your parents expect from you in school?
 - a. Did they expect you to do well in sports? How did they express this?
 - b. Did they expect you to do well in schoolwork? How did they expect this? Did they help you? How?
6. Were there changes in your living arrangements or family during high school years?
 - a. Financial changes?
 - b. Deaths or major sicknesses?
 - c. Moves? How many times did you move, and where?
7. Did your feelings about school or achievements in school change in your high school years? Describe these.
8. What friends and/or activities were you involved with during high school years? If you lived the streets, what was this like for you?
9. What kind of future job dreams or plans did you think about in your high school years? What were your goals?
10. What kind of things was important to you?

Which of the above events had the greatest impact on you?

Why?

How?

Include all that seem important to you.

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The following is an outline for section "C" of the autobiography. This autobiography was designed to help you gain insight into your behavior and to help identify problem areas in your life. Respond to each question as completely as possible. Each numbered item should require at least one-quarter page. Please complete and turn in within **two** weeks.

C. ANGER IDENTITY

1. How did you express your anger when you were:
 - a. ages 3 through 10?
 - b. ages 11 through 13?
 - c. ages 14 to present?
 - d. How were you expected to express your anger?
2. What did you think was the expected way for males to express their anger. (be specific)
3. What did you think was the expected way for females to express their anger.
4. How did you express your anger toward friends who may have hurt you or disrespected you?
5. How did you express your anger towards teachers or other school staff? (List specific situations)
6. How did you express your anger toward other people in the neighborhood? (List situations)
7. How did you express your anger toward animals? (List any incidents of harming animals)

The following questions pertain to anger that was expressed between you and your brother(s) and sister(s). Answer each question as it pertains to each brother and/or sister.

1. List some of the common themes that typically led to the expression of anger between you, things that your (brothers/sisters) did to hurt you as far back as you can remember.
Did they get into:
 - a. Name-calling? (what names)
 - b. Telling stories/lies? (for example)
 - c. Inappropriate touches (sexual/hitting/assaultive)?
 - d. Controlling? (through anger/manipulation/threats/taking things)
 - f. Turn you on to alcohol/Drugs?
2. Make a list of the things you did to hurt them. (brothers/sisters) How did you express your anger toward them or how you got them back.
3. Generally, how did you think each of them may have felt about themselves. (list each)
4. How did they act when they were depressed?
5. What part of the house did they fight in? What part of the house did you fight with them ?
6. Were there any hospitalizations/Doctor visits due to physical injuries caused by their aggressive behavior towards themselves or you? (explain)
7. Did they carry/possess weapons?
8. Were they in self-mutilation? (such as: cutting, burning, or hurting themselves).

The following questions pertain to anger that was expressed between you and your father figure.

1. How did he display his anger? (In general) Did he get into:
 - a. Name-calling?
 - b. Telling stories/lies/yelling?
 - c. Inappropriate touches (sexual/hitting/throwing things)?
 - d. Controlling (through anger/manipulation/threats/taking things)?
 - e. Deny his feelings? (through abusing alcohol or drugs/just leaving)

2. What event/situation/comment that really set him off into anger? (list)
3. How did he display his anger towards your mother?
4. How did he display his anger towards you?
5. How did you display your anger towards him?
6. List the things that he has done to hurt you.
7. List the things you have done to hurt him.
8. How do you think he felt about himself?
9. How did he act when he was depressed?
10. Were there any hospitalizations/Doctor visits due to physical injuries by his aggressive behavior towards your mother, your siblings, or you? (explain)
12. Did he carry/possess weapons? Did he brandish them around the house?
13. Was he into self-mutilation? (such as: cutting, burning, or hurting himself).

Repeat the questions as necessary for each father figure.

The following questions pertain to anger that was expressed between you and your mother figure.

1. How did she display her anger? . Did she get into:
 - a. Name-calling?
 - b. Telling stories/lies/yelling?
 - c. Inappropriate touches (sexual/hitting/throwing things)?
 - d. Controlling (through anger/manipulation/threats/taking things)?
 - e. Deny her feelings? (through abusing alcohol or drugs/just leaving)
 - f. Turn you onto alcohol/Drugs?
2. What event/situation/comment really set her off into anger? (list)
3. How did she display her anger towards your father?
4. How did she display her anger towards you?
5. How did you display your anger towards her?
6. List the things she did to hurt you.
7. List the things you have done to her to hurt her.
8. How do you think she felt about herself?
9. How did she act when she was depressed?
11. Were there an hospitalizations/Doctor visits due to injuries caused by her aggressive behavior towards your father, your sibling, or you? (explain)
12. Did she carry possess weapons?
13. Was she into self-mutilation? (such as: cutting, burning, hurting herself)

Narrative: (Answer these questions about your parents in their relationship).

1. How did they settle their differences? (Write about specific situations).
2. What part of the house did they fight in?
3. How did they distrust you?
4. What negative messages did you get from them?

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The following is an outline for section "D" of the autobiography. This autobiography was designed to help you gain insight into your behavior and to help identify problem areas in your life. Respond to each question as completely as possible. Each numbered item should require at least one half a page. Please complete and turn in **next** week.

D. ADULTHOOD

1. What schooling or training were you involved in beyond high school? How did you like it and how did you do in it? (include informal training - on the job/streets)
2. What kinds of jobs have you had? (How you made money)
 - a. For how long have you kept each of these jobs?
 - b. How did you like them?
 - c. What did you like about your jobs?
 - d. What did you dislike about your jobs?
3. When did you get romantically involved with someone for the first time? (Repeat this step for each romantic involvement).
 - a. How did you meet?
 - b. What was attractive about the person to you?
 - c. How long did it last?
 - d. When and how did it end?
4. How many serious relationships did you have before you married or established a live-in relationship?
 - a. How long did they last?
 - b. When did they break up?
5. What first attracted you to your mate?
 - a. Why did you decide to marry?
 - b. How did the relationship change after you lived together?
 - c. What were the good parts of living together?
 - d. What were the troubles in the relationship?
6. When did you have children?
 - a. How many?
 - b. Names and ages?
 - c. How did they effect the relationship?
7. Did you or your mate have other sexual relationships?
 - a. Why? When?
8. Did the primary relationship end?
 - a. When? Why?
9. How did you fight with your mate?
 - a. Did you get physical?
 - b. Did you get into name calling, etc.?

REPEAT 5,6,7,8, and 9 FOR ANY OTHER MARRIAGES / SIGNIFICANT RELATIONSHIPS THAT LASTED MORE THAN TWO MONTHS YOU MAY HAVE HAD. Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

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The following is an outline for section "E" of the autobiography. This autobiography was designed to help you gain insight into your behavior and to help identify problem areas in your life. Respond to each question as completely as possible. Each numbered item should require at least one half a page. Please complete and turn in next week.

E. BEHAVIOR THAT BROUGHT YOU INTO TROUBLE WITH THE LAW

1. How old were you when you first got involved with the law? What did you do that got you into trouble?
2. What other things have you been arrested for? (List all the times you got into trouble)
 - a. How old were you at the time of the above listed arrests?
 - b. What did you do?
3. Have you served time in other institutions? (Juvenile and/or Adult - please list)
 - a. How long was each period of commitment?
 - b. What year were jail? (for each commitment)
 - c. What was the offense(s) you were committed for?
4. What was the situation leading up to your most recent offense?
 - a. What was going on in your life?
 - b. What were you feeling?
5. What was the specific incident that seemed to trigger your assaultive behavior? (even a property offense is an assault on somebody's rights!)
6. What did you say or do to your victim after the offense took place? What did you say to yourself about what you did after the offense(s) took place?
7. What did you feel about the victim and yourself after the crime?
8. What other similar crimes have you been involved with (no dates or locations)? Over what period of time?
9. Which drugs or mood altering chemicals have you abused? (Alcohol/pot,ect.)?
 - a. For how long? (from the day you first tried it until you stopped. List for each drug)
 - b. Do you still use or plan on using?

Which of the above events had the greatest impact on you? Why? How? Include all that seem important to you.

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F. BEHAVIOR THAT BROUGHT YOU INTO TROUBLE WITH THE LAW

1. What other treatment have you or your family been involved in?
 - a. Where (counseling centers/mental health centers/hospitals, etc.) and with whom?
 - b. What were the issues that brought you into treatment?
2. What helped you the most in treatment? (if no other treatment to date, what has been the most helpful in Anger Management?)
3. What do you wish you had done differently in terms of the treatment received so far? How could you have gotten more from the treatment?
4. Which of the above events had the greatest impact on you?

Why?

How?

Include all that seem important to you.

List on a separate piece of paper a minimum of four specific goals that you want to work on in some form in treatment in the future. (Four issues you may have identified through this group that you want to explore in the future)

Consider which parts of yourself that you need to change that played a role in your committing the crime(s).

Consider your own goals for the future.